

# popped sorghum

**SERVES 2**

**COOK TIME:** 2-3 minutes

¼ cup sorghum, dry

Seasonings of choice

(salt, pepper, cumin, chili powder, cinnamon, etc)



## STOVE TOP METHOD

HEAT a stainless steel pot with a tight fitting lid over medium-high heat.

ADD sorghum once hot and cover with lid.

COOK, shaking pot often, until sorghum begins to pop.

REMOVE from heat when there are more than 10 seconds between pops.

SEASON as desired.

## MICROWAVE METHOD

PLACE sorghum in a brown paper lunch bag.

FOLD top down several times to close.

PLACE folded side down in microwave.

HEAT on high for 2-3 minutes (varies depending on microwave).

REMOVE from microwave when there are more than 10 seconds between pops.

SEASON as desired.

**MAKE IT A SNACK:** for a tasty, well-balanced snack, sprinkle in or pair with nuts, seeds or cheese.