

stir-fry sorghum chicken grain bowl

MAKES 1 serving

PREP TIME: 10 minutes

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- ½ to 1 cup cooked sorghum
 - 2-3 oz sugar snaps
 - ½ cup shredded cabbage
 - ½ cup shredded carrots
 - 3 oz cooked chicken
 - ¼ cup edamame, cooked and shelled
 - Sprinkle of cashews
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Soy Dressing

- 2 Tbsp low sodium soy sauce or tamari
- 1 clove garlic, minced
- ¼ tsp dried ground ginger
- ¼ tsp maple syrup
- Splash of orange juice (optional)
- ¼ tsp ground black pepper



COMBINE dressing ingredients and stir well in a small bowl. Set aside.

LAYER remaining ingredients in a bowl, starting with sorghum and then adding vegetables, chicken and edamame.

SPRINKLE with cashews.

DRIZZLE soy dressing on top.

SERVE warm or at room temperature.

To save time, prepare sorghum and chicken in a large batch ahead of time to use throughout the week to make multiple grain bowls. You can also freeze cooked sorghum and chicken for quick meals down the road.