



Spicy Sorghum Chicken Breasts

Contributed by Joy Gray

Yield: 4 servings  
Prep time: 10 minutes  
Cook time: 12 minutes

- 4 chicken breasts
- 1/2 cup canola oil
- 2 tablespoons sorghum syrup
- 3 cloves garlic, minced
- 2 jalapeno peppers, minced
- Juice of 1 lemon
- Salt
- Pepper

Put chicken breasts between sheets of wax paper and gently pound to about 1/2-inch thickness. Pierce both sides several times with fork and set aside.

In large resealable bag, combine canola oil, sorghum syrup, garlic, jalapenos and lemon juice. Season with salt and pepper to taste. Add chicken breasts to bag, seal and refrigerate 2–10 hours.

Heat grill to high. Remove chicken breasts from marinade and cook for 6 minutes. Turn to other side and cook for another 6 minutes or until internal temperature reaches 165°F.

Grilled Sorghum Tabbouleh Salad

Contributed by Brady Shadid

Yield: 4 servings  
Prep time: 15 minutes  
Cook time: 1 hour

- 1 cup sorghum grain
- 3 cups water
- 1 yellow bell pepper, cored and quartered
- 1 red bell pepper, cored and quartered
- 1 white onion, cut into wedges
- 1/4 cup olive oil, plus 1 tablespoon
- 3 bunches parsley, chopped
- 1/4 cup fresh mint, chopped
- 1/3 cup lemon juice
- Salt
- Pepper

Add sorghum to water and bring to a boil. Cover and reduce to a simmer for 50 minutes or until water is absorbed. Set aside and let cool. Sorghum can be prepared in advance and refrigerated overnight.

Brush bell peppers and onion with 1 tablespoon olive oil and grill over medium heat for 4 minutes. Turn to other side and grill for another 4 minutes. Remove and let cool.

Chop grilled peppers and onion and add to cooled sorghum.

Add parsley, mint, lemon juice and 1/4 cup olive oil to sorghum and toss lightly. Season to taste with salt and pepper.

# GRILLING with GRAINS

FAMILY FEATURES

If your outdoor grilling menu calls for easy, gluten-free dishes to accompany your favorite flame-kissed foods, sorghum may be your secret to success.

Sorghum, an ancient cereal grain, is a highly versatile ingredient that can be used in a wide range of preparations, such as leavened and unleavened breads, fermented and unfermented beverages, and a host of flour-based foods such as pizza dough, pastas and cereals. It can also be consumed in place of whole grain in countless recipes and as a syrup.

Because it is naturally gluten free, sorghum is a terrific option for those with celiac disease or gluten intolerance who don't want to sacrifice the texture and taste of grain-based foods. What's more, the nutrient-rich grain is a good source of iron, calcium, potassium as well as polycosinol, which research has shown to lower serum cholesterol and may improve heart health.

For those who monitor glycemic index, sorghum also offers good news. Research indicates sorghum offers slow digestibility and a lower glycemic index. Foods with a lower glycemic index are believed to increase satiety, which means you feel fuller longer, aiding with weight management.

Enjoy grilled fare with a new twist. From sweet, savory marinades to crisp, crunchy salads to refreshingly tangy beverages, sorghum is the ingredient that makes these recipes shine.

For more recipes and tips for cooking with sorghum, visit [www.HealthySorghum.com](http://www.HealthySorghum.com).

Cooking with Sorghum

A wide variety of recipes use sorghum, which can be found in whole grain, flour or syrup form. Learn which type of sorghum is best for your recipe:

Use **whole grain sorghum** for great tasting and healthful dishes just like you would use rice. Whole grain sorghum can be used as an addition to vegetable salads or in cooked dishes like tabbouleh. It resembles bulgar or wheat berries and is a hearty, chewy solution for meeting the daily goal of two to three servings of whole grain.

**White sorghum flour** is made from white food grade sorghum, which has the hull removed and milled like traditional flours. This flour can be used in a variety of baking applications in conjunction with other flours.

**Whole grain sorghum flour** is milled with the entire grain without the hull removed. Whole grain flours contain all of the nutrition found in the outer casing of the grain.

**Sorghum syrup** is a natural sweetener that comes from juice squeezed from the stalks of sweet sorghum. It has a rich, dark color and consistency similar to molasses but with a milder taste.



Southern Sweet Sorghum Tea

Yield: 4 servings  
Prep time: 10 minutes

- 6 cups water
- 4 black tea bags
- 3/4 cup sorghum syrup
- 1/4 cup sugar
- 1/4 cup bourbon (optional)
- Juice of 1 orange
- 1 orange, washed and sliced
- Mint to garnish

Boil water. Remove from heat, add tea bags and steep for 5 minutes. Remove tea bags and stir in sorghum syrup and sugar. Pour into pitcher and refrigerate until cold. Stir in bourbon and orange juice. Add sliced oranges to pitcher. Serve over ice with mint to garnish.

## Study: Food Insecurity Hits Close To Home

SIoux FALLS — Feeding South Dakota announced the release of the annual Map the Meal Gap study, which details the startling rate of food insecurity experienced by community members across South Dakota. Map the Meal Gap 2015 results reveal that food insecurity affects the most vulnerable populations across the state, including an estimated 40,040 children.

Food insecurity is the U.S. Department of Agriculture's measure of lack of access at times to enough food for an active, healthy life for all household members.

In South Dakota, an estimated 105,120 people struggle with food insecurity. Nationally, more than 49 million people are food insecure.

Map the Meal Gap 2015 is based on an analysis of statistics collected by the U.S. Department of Agriculture, U.S. Census Bureau and the U.S. Bureau of Labor Statistics in 2013, the most

recent year for which data is available. The study, commissioned by Feeding America, is a detailed analysis of the nation's food insecurity. An interactive map is available that allows viewers to explore the issue of hunger in South Dakota and across the country. The map can be found at [map.feedingamerica.org](http://map.feedingamerica.org).

"Studies like Map the Meal Gap 2015 allow Feeding South Dakota to continue to evaluate and adjust to the need in our state," said Matt Gassen, Executive Director of Feeding South Dakota. "The research data includes weekly food-budget shortfalls, demographics and poverty levels which help us define the social issues plaguing our area and work together as a community to find a solution."

Other local key findings:

- The cost of an average meal in South Dakota is \$2.79.
- The annual food budget shortfall in South Dakota is

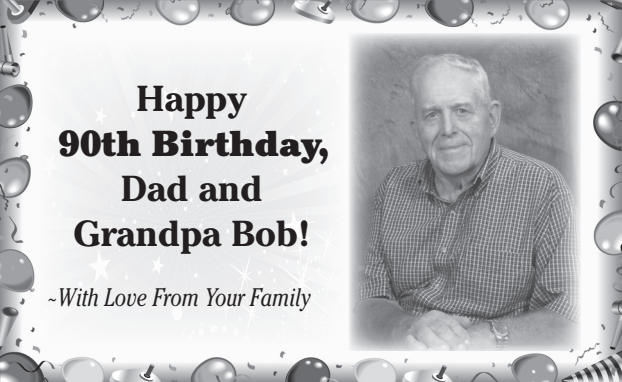
\$51,928,000. This number represents the amount of additional money that food-insecure individuals in the area said they would need to put enough food on the table for an adequate diet.

- The counties of Ziebach, Dewey, Todd, Buffalo and Corson all had food insecurity rates above 20 percent.

The study is supported by the Founding Sponsor Howard G. Buffett Foundation as well as the ConAgra Foods Foundation and Nielsen. The food price data and analysis was provided by Nielsen

(NYSE: NLSN), a global provider of information and insights. The lead researcher is Dr. Craig Gundersen, professor of Agricultural and Consumer Economics at the University of Illinois, executive director of the National Soybean Research Laboratory and member of Feeding America's Technical Advisory Group.

County and congressional district food-insecurity details and the full report are available at [map.feedingamerica.org](http://map.feedingamerica.org).



Hunhoff-Herrboldt

Elizabeth Kristine Hunhoff and Jeffrey Keith Herrboldt, both of Sioux Falls, SD, announce their engagement and upcoming marriage.

Parents of the couple are Francis and Kristi Hunhoff of Yankton, SD, and Keith and Joleen Herrboldt of Yankton, SD.

The bride-elect is a 2006 graduate of Yankton High School and a 2011 graduate of the University of South Dakota with a bachelor's degree in English Education. She is currently employed as an English teacher at Tea Area High School in Tea, SD.

The groom-elect is a 2007 graduate of Yankton High School and a 2012 graduate of the University of South Dakota with a bachelor's degree in Special Education/Elementary Education. He is currently employed as a Special Education Teacher at Lennox Intermediate School in Lennox, SD.

The couple is planning an October 3, 2015 wedding at St. Benedict Catholic Church in Yankton, SD.