



FOOD NEWS

January 2018

Southern Regional School District



RECIPE LOVE

Popped Sorghum Trail Mix

Serves 4

Ingredients

- ¼ cup sorghum
- ¼ cup coconut shreds
- ¼ cup dark chocolate chips
- 3 tablespoons hemp seeds
- ¼ cup walnuts

Instructions

1. To pop sorghum: Heat a pot with a tight fitting lid over medium high heat. When hot, add sorghum and cover with lid.
2. Cook, shaking the pot often, until sorghum begins to pop. Remove from heat when there is more than 10 seconds between pops.
3. Combine all ingredients. Pack in airtight container or sealable plastic bag. The trail mix will keep for up to two weeks.

RD CORNER

Hi! My name is Meredith Hesselein and I'm your registered dietitian. My main goals are to teach students lifelong habits of good health and wellness through food and to keep you in the loop on food and nutrition news. If you have any questions or requests, please don't hesitate to reach out!

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BENEFITS OF PHOSPHORUS

Phosphorus is the second most abundant mineral in the body and makes up 1% of a person's body weight. It is present in every cell of the body, but most is found in the bones and teeth. The main function of phosphorus is in the formation of bones and teeth. It plays an important role in how the body uses [carbohydrates](#) and fats. It is also needed for the body to make [protein](#) for the growth, maintenance, and repair of cells and tissues. Phosphorus also helps the body make ATP, a molecule the body uses to store energy.

What is Sorghum?

Sorghum is a cereal grain that grows tall like corn and is one of the top five cereal crops in the world. Sorghum has been growing in Africa for hundreds of years.

Why Love Sorghum? 5 Reasons ...

- It's so versatile. You can use sorghum in place of rice, quinoa and pasta. You can find it at the grocery store in whole or pearled form, as a flour, syrup and bran, as a product similar to popcorn or even as flakes! It is a grain that you can get creative with — great for any meal or snack.
- It's very nutritious. Sorghum is a nutrient-dense food with many health benefits. It provides protein, vitamin B6, magnesium, phosphorus and fiber, all of which play a major role in helping various parts of your body — such as your digestive and cardiovascular systems — to function!
- It's naturally gluten-free. Sorghum is safe for people who suffer from celiac disease or gluten intolerance. According to the Whole Grains Council, sorghum can be substituted for wheat flour in a variety of baked goods. Its neutral, sometimes sweet, flavor and light color make it easily adaptable to a variety of dishes. Sorghum improves the texture of recipes and digests more slowly with a lower glycemic index, so it sticks with you a bit longer than some other flours or flour substitutes. Be sure to read the food label--sometimes manufacturers mix a variety of ingredients with sorghum that may not be gluten-free.
- It's easy to use. You can prepare sorghum as a delicious side dish or as the base for a meal. Sorghum is easy to cook using an oven, stove top, slow cooker or rice

cooker. It can even be frozen and then reheated without losing its great taste.

- It has antioxidant powers. Certain types of sorghum are rich in antioxidants. Research suggests that it may help lower your risk of cancer, diabetes, heart disease and some neurological diseases.

3 Easy, Nutritious Ways to Give Sorghum a Try:

- Boost your grain intake and sprinkle sorghum on your favorite salad
- Craving something crunchy? Sorghum can be popped just like popcorn!
- It's soup season, so try adding sorghum for a nutrient boost!

*Adapted from Stone Soup blog
Foodandnutrition.org
Sorghum, the Grain You Might Be Missing
Written by Valerie Agyeman, RDN
Published December 11, 2017*

FOOD DAYS

January 1 – Happy New Year!!!

January 4 – National Spaghetti Day

January 11 – National Milk Day

January 12 – National Glazed Donut Day

January 19 – National Popcorn Day

January 20 – National Cheese Lover's Day

January 23 – National Pie Day

January 27 – National Chocolate Cake Day

January 31 – National Hot Chocolate Day