

# Join us!

## Monday, October 19

### at 12:30pm central

**Deanne Brandstetter, MBA, RD, FAND**

**Mike Panfil, Director of Culinary**

Follow along to make a delicious Sorghum and Lentil Power Bowl with Salmon while experiencing how a Chef and RD together create an engaging experience that promotes food, nutrition and culinary literacy.

The virtual class will take about 15 minutes. To be ready to cook along, complete steps 1 and 2 in the directions prior to the class.

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## SORGHUM & LENTIL POWER BOWL WITH SEARED SALMON

4 servings

### Ingredients

#### Bowl

- 1/2 cup Sorghum, Dry
- 5 ounces Red Lentils, Dry
- 2 cups Baby Arugula (full, not packed)
- 2 cups Rainbow Swiss Chard (full, not packed)
- 12 each Basil Leaves
- 2 cups Cherry Tomatoes
- 2 cups Red Grapes
- 2 tsp Canola Oil
- 1/8 tsp Kosher Salt
- 1/8 tsp Fresh Ground Black Pepper
- 4 each (2-1/2 oz.) Portions Fresh or Frozen Salmon (Sustainably Sourced), skin off, pin bones removed

#### Dressing

- 2 each Garlic Cloves, Cleaned
- 2 tsp Turmeric
- 1/2 each Lemon
- 2 Tbsp. Canola Oil
- 1 Tbsp. Tahini
- 1 Tbsp. Water
- 1/8 tsp Kosher Salt
- 1/8 tsp Fresh Ground Black Pepper

### Directions

Prep time = 15 minutes Cook time = 50 minutes

1. Wash all produce and rinse sorghum and lentils prior to prepping / cooking
2. Preheat oven to 350°F. Cook sorghum and lentils separately in simmering water until tender. Sorghum will take approximately 50 minutes and Lentils – 5-7 minutes. Cool and reserve. Place the garlic in a small piece of foil and completely cover with the foil. Place in oven for 30-40 minutes until soft and golden brown. Reserve.
3. Chop the Swiss chard into bite size pieces and rough chop the basil, keep separate. Slice cherry tomatoes and grapes in half. Reserve cold.
4. Make the dressing: In a small mixing bowl, add the roasted garlic, turmeric, fresh squeezed lemon juice, tahini, salt and pepper and mix well. Slowly drizzle oil and whisk to combine. Add water if needed to thin out dressing. Taste for seasoning. Reserve cold.
5. Season both sides of the salmon with salt and pepper. In a sauté pan over medium high heat. Add oil and swirl to coat the pan. Add the salmon and sear well on each side for about 2-3 minutes each. If needed you can put the salmon in the oven to finish cooking. Internal temperature needs to be 145°F. Reserve.
6. Final Plating: Arrange lentils, sorghum, arugula and chard in a bowl displaying each individually. Add salmon. Evenly sprinkle tomatoes, grapes and basil over the top and drizzle with dressing.

CALORIES	FAT	SAT FAT	CARBS	SUGAR	PROTEIN	FIBER	SODIUM
470	19g	2.5g	54g	16g	25g	10g	150mg