

# Salt and Serenity

## Sorghum Tabbouleh with Pomegranate and Pistachio

Serves 4

1 cup whole grain sorghum (I ordered Bob's Red Mill sorghum online)

3 cups water, vegetable or chicken stock

½ teaspoon kosher salt

1 medium pomegranate, seeded

1 cup grape tomatoes, quartered

2 green onions, sliced on the diagonal

1 cup mint leaves, coarsely chopped

1 cup Italian parsley leaves, coarsely chopped

¼ cup extra virgin olive oil

2 Tablespoons lemon juice

kosher salt and freshly ground black pepper to taste

½ cup shelled pistachios, toasted and coarsely chopped

1. Place sorghum in a fine mesh strainer and rinse under cold water. Place in a medium sized saucepan with water or stock and salt. Bring to boil. Reduce heat to medium-low, cover, and simmer, until sorghum is tender but still a bit chewy, about 45-50 minutes. Drain any excess liquid. Spread sorghum out on a rimmed baking sheet to cool for at least 15 minutes, before combining with other ingredients.
2. In a large mixing bowl, combine cooled sorghum, pomegranate seeds, chopped tomatoes, green onions, mint, parsley, olive oil and lemon juice. Taste and season with salt and pepper. Transfer to serving bowl or platter. Scatter toasted pistachios over the top before serving.