



Powerful Pairings Charcuterie Board

**powerful
+ pairings**
delicious + nutritious + ingenious

Ingredients

2 cups pulse-based dip(s), such as hummus, lentil dip, and/or black bean dip (store-bought is fine)

2 cups flavored popped sorghum, such as rosemary-parmesan and spiced chili

6 ounces breads/crackers, such as sliced baguette, seeded flatbread crisps, and/or sorghum crackers

2½ ounces pulse-based crunchy snacks, such as black bean chips, roasted chickpeas, and/or crunchy broad beans

12 ounces cheese, such as thick-sliced cheddar, herbed goat cheese, cubed Manchego, and/or brie wedge

2½ cups veggies, such as cherry tomatoes, snap peas, carrots, yellow pepper strips, English cucumber slices, radishes, and/or marinated artichokes

1½ cups fruit, such as grapes, berries, mango or kiwi slices, figs, and/or olives

⅔ cup roasted, raw, or flavored nuts, such as almonds, pistachios, walnuts and/or pecans

3 ounces meats, such as sliced salami, prosciutto, or sweet soppressata (optional)

2 condiments of choice (4 ounces total), such as local jam, grainy mustard, and/or honey

Directions

Attractively arrange all ingredients on a large cutting board or platter, at least 12x20-inches. Serve at room temperature.

Tips:

- For *rosemary-parmesan popped sorghum*: Toss 1 cup warm popped sorghum with 3 Tbsp grated parmesan cheese, ½ teaspoon minced fresh rosemary and, if desired, 1 teaspoon grated lemon zest; add salt to taste.
- For *spiced chili popped sorghum*: Toss 1 cup warm popped sorghum with ¼ teaspoon each chili powder, sweet or smoked paprika, and finely ground black pepper, and ⅛ teaspoon turmeric powder; add salt to taste.
- If using packaged pre-popped sorghum, warm it up in a dry saucepan over medium heat for about 2 to 3 minutes before adding seasoning. To make freshly popped sorghum, see recipe at sorghumcheckoff.com/recipes/stovetop-popped-sorghum

Servings: 12

Serving Size: varies

Prep time: 30 minutes

Cook time: n/a

Total time: 30 minutes

Nutrition Information (12 servings)

Calories 320	Protein 15g
Total Fat 17g	Calcium 160mg (15%)
Saturated Fat 6g	Iron 3mg (15%)
Cholesterol 20mg	Potassium 280mg (6%)
Sodium 400mg	<i>Nutrition Facts do not include optional ingredients; such as meats.</i>
Carbohydrate 32g	
Fiber 6g	
Sugars 9g	

Recipe created by Patricia Bannan, MS, RDN for Powerful Pairings.

