



Mediterranean Grain Bowl with Pork Skewers



Total Servings: 6
Serving Size: 1¼ cup



Prep Time: 20 minutes
Cook Time: 60 minutes

Ingredients

12 ounces pork loin roast, trimmed of fat
4 tablespoons olive oil, divided
2 teaspoons minced garlic
1 teaspoon lemon zest
1 teaspoon ground cumin
1 sweet onion, chopped
3 cups no-salt-added chicken stock
¾ cup whole-grain sorghum, rinsed and drained
1 cup canned garbanzo beans (chickpeas), rinsed, drained and dried with paper towels
1½ cups halved cherry tomatoes
1 cup arugula
1 cup chopped cucumber
2/3 cup crumbled feta cheese
1/2 cup kalamata olives
Red Lentil Hummus recipe (or store bought)

Nutrition Facts Per Serving

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|--|---|
| Calories 505 | Protein 23g |
| Total Fat 28g (Saturated Fat 8g) | Vitamin D 1% |
| Cholesterol 14mg, | Calcium 15% |
| Sodium 528mg | Iron 19% |
| Total Carb 43g (Dietary Fiber 8g, Sugars 6g) | Potassium 16%, Phosphorus 361mg (29%) |

Instructions

1. Cut pork loin into 1-inch cubes. Place in a resealable plastic bag set in a shallow dish. In a small bowl combine 3 tablespoons olive oil, garlic, lemon zest, cumin, 1 teaspoon salt and ½ teaspoon black pepper. Pour half of the olive oil mixture over meat (reserve remaining half). Seal bag; turn to coat meat. Marinate in the refrigerator for 2 hours, turning bag occasionally.
2. Meanwhile, in a medium saucepan heat 1 tablespoon oil over medium-high heat. Add onion and cook and stir 6 to 8 minutes or until tender. Add stock and bring to a boil. Add sorghum. Reduce heat and simmer, covered, 45 to 60 minutes or until the sorghum is tender, stirring occasionally.
3. Preheat oven to 400°F. Arrange chickpeas on a foil-lined 15x10x1-inch baking pan. Drizzle with reserved olive oil mixture; toss to coat. Roast in preheated oven 20 to 30 minutes or until chickpeas are toasted and crispy, stirring occasionally. Remove from oven and set oven temperature to 500°F.
4. Drain meat, discarding marinade. Divide meat amongst 6 wooden or metal skewers. Arrange skewers on a wire rack on top of a baking sheet and bake for 10 minutes or until meat is slightly pink in the center, turning once halfway through.

powerful
+ pairings
delicious + nutritious + ingenious



Red Lentil Hummus Recipe

Instructions

- 1.** In a small saucepan combine 1 1/3 cups water and 1/3 cup dried red lentils and bring to a boil over medium-high heat.
- 2.** Reduce heat to low and simmer, covered, stirring occasionally, about 30 minutes or until lentils have split and become soft.
- 3.** Cool and transfer to a food processor. Add 1 tablespoon olive oil, 1 tablespoon tahini, 1 tablespoon lemon juice, 1/2 teaspoon minced garlic, 1/2 teaspoon cumin, 1/4 teaspoon salt and 1/4 teaspoon black pepper and process 30 to 60 seconds or until smooth, stopping to scrape down sides as needed.
- 4.** Transfer to an air-tight container and store in the refrigerator up to 5 days until serving time.