**PAM’S HEALTHY GRAIN SALAD**
from Chef Ouita Michel at Windy Corner Market & Restaurant

**INGREDIENTS**

**Salad**
- 1 cup wheat berries
- 1 cup millet
- 1 cup bulgur
- 1 cup quinoa
- 1 cup wild rice
- 2 ribs celery, small dice
- 1 carrot, small dice
- ½ cup red onion, small dice
- 1½ cups dried cranberries
- 1½ cups Sorghum Vinaigrette
- Salt & pepper to taste

**Sorghum Vinaigrette** (yields 2½ cups)
- 1 cup malt vinegar
- 1 scant tbsp. salt
- 1/2 tsp. paprika
- 1 dash Louisiana-style hot sauce
- 1 tbsp. grated onion
- 10 tbsp. Kentucky sorghum
- ¼ cup Woodford Reserve Bourbon
- 1 cup blended olive & vegetable oil

**SALAD**
Cook each grain type separately according to package directions. Cool to room temperature. Add together all the ingredients, mix well. Chill at least 30 minutes before serving. Taste for seasoning.

**Sorghum Vinaigrette**
In a large bowl, whisk together vinegar, salt, paprika, hot sauce and grated onion. Warm sorghum in microwave on medium power, then stir into the vinegar mixture along with the bourbon. Add oil slowly and emulsify.