



Great Grains! Beyond Rice and Pasta

What is a “Whole Grain”?

All grains start out as whole grains. There are three parts of the original grain – the starchy endosperm, the fiber-rich bran, and the germ. If, after milling, the grain still contains all three parts, it is considered a whole grain. When a grain is refined, most of the bran and some of the germ is removed, which causes nutritional losses. Refined flour and grains became popular because they produce baked goods with a softer texture and extended freshness. Whole grains may be eaten whole, cracked, split, flaked, or ground. Most often they are milled into flour and used to make breads, cereals, pasta and crackers.

Why are Whole Grains important?

The 2005 Dietary Guidelines recommend that Americans “make half of their grains whole”. This is because research shows that healthful diets rich in whole grain foods are helpful in reducing the risk of heart disease, certain types of cancer, Type 2 diabetes, and may also help in weight management.

How can I find Whole Grain products?

When you are looking for whole grain products, the easiest way to identify them is to look at the ingredient list and make sure that “whole” is the first word listed, for example, “whole wheat” or “whole cornmeal.” A product described as 100% whole wheat is usually a safe bet. Don't be fooled by the following:

- “Made with Whole Grains” – that just means there are some whole grains in the mix, but the majority of the flour may be refined.
- “100% Wheat” – This means that the only type of flour used is wheat, but not necessarily whole wheat.
- “Multi-Grain” – Means that there is more than one type of grain included, but it's not guaranteed that any of them are whole.
- “Stone Ground” – This refers to grains that are coarsely ground in a stone mill. You still need to know if the grain is whole.

Where Can I Find More Information and Recipes?

<http://www.culinate.com>

<http://www.wholegrainscouncil.org/recipes>

http://www.eatingwell.com/recipes/collections/healthy_whole_grains_recipes.html

<http://www.wholefoodsmarket.com/recipes/guides/grains.php>

Whole Grains				
To 1 cup of this grain.....	Add this much water or broth:	Bring to a boil, then simmer for:	Amount after cooking	Grain description
Amaranth	2 cups	20-25 minutes	3 ½ cups	Gluten free, high protein (contains lysine – complete protein). Cook in a pot, rice cooker or pressure cooker. Porridge or savory polenta. Thickens, like a starchy sauce.
Barley, hulled	3 cups	45-60 minutes	3 ½ cups	Barley contains beta-glucan, a soluble fiber attributed to lowering cholesterol, and protein comparable to wheat; it is not gluten-free. Barley is a versatile grain, good in soups, risotto, and grain salads
Buckwheat (Kasha)	2 cups	20 minutes	4 cups	Most commonly cooked into hot cereal. Buckwheat flour makes tasty pancakes, blintzes, and bread; it is the primary ingredient in soba noodles. Gluten-free, high-protein.
Bulgur (cracked wheat)	2 cups	10-12 minutes	3 cups	Wheat kernels that have been precooked, dried, and cut (“cracked”). High in fiber, bulgur is not gluten-free. It makes great salads, pilafs, and side dishes; substitute bulgur for rice if you’re short on time.
Cornmeal (polenta)	4 cups	25-30 minutes	2 ½ cups	Polenta makes a delicious base for sauces (ragu, mushroom, gorgonzola) and sausages; it’s also good grilled or layered into lasagna-like dishes.
Couscous, whole wheat	2 cups	10 minutes	3 cups	Tiny, pellet-sized pasta made from durum whole wheat flour. Briefly soak in just boiled water.
Kamut® grain	4 cups	Soak overnight, then cook 45-60 minutes	3 cups	Kamut is the only grain with a trademark, and because of the trademark it’s always organic. High in protein and vitamin E. Some describe it as buttery or sweet. It makes a tasty hot cereal.
Millet, hulled	2 ½ cups	25-35 minutes	4 cups	Millet is gluten-free and comparable to wheat in protein. Cook millet into hot cereal or savory side dishes.
Oats, steel cut	4 cups	20 minutes	4 cups	Has a substantial amount of soluble and insoluble fiber. These help lower blood cholesterol levels and promote digestive regularity. High in protein.
Pasta, whole wheat	6 cups	8-12 minutes	Varies	Contains fewer calories, 25% more protein, and three times the amount of fiber as compared to white pasta.

Quinoa	2 cups	12-15 minutes	3+ cups	High in protein, gluten-free, easy to digest, and quick to cook. Be sure to rinse it before cooking; quinoa is coated in saponin, a natural bitter-tasting insect repellent. Rinse and drain it, then cook it like pasta (in a large pot of boiling water) or rice (two parts water to one part grain).
Rice, brown	2 ½ cups	25-45 minutes	3-4 cups	The process that produces brown rice removes only the outermost layer, the hull, of the rice kernel and is the least damaging to its nutritional value.
Rye berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups	Rye Berries can be cooked as a hearty breakfast cereal or ground in your own mill for the freshest rye flour available. Rye can also be sprouted to use in salads and on sandwiches.
Sorghum	4 cups	25-40 minutes	3 cups	Sorghum can be cooked into porridge, ground into flour for baking, or popped like popcorn. The grain variety of sorghum is a good source of protein and is gluten-free.
Spelt berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups	Spelt, a variety of hard wheat, is higher in protein than more common varieties of wheat. It can be interchanged with most wheat recipes, as berries (think grain salad) or flour (try pancakes).
Wheat berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups	Wheat berries are the mother grain from which pasta, bread and flour are derived. Little wheat berries pack a nutlike flavor and are pleasantly chewy.
Wild rice	3 cups	45-55 minutes	3 ½ cups	Wild rice has a similar nutritional profile as grains, with twice the fiber and protein of brown rice, but is not a true grain (it's the seed of an aquatic grass). Some find the taste of wild rice too strong on its own and prefer to blend it with brown rice.

Chicken, Millet, and Mushroom One-Skillet Meal

Ingredients

2 tablespoons canola or olive oil, divided
2 pounds chicken tenderloins
Salt and pepper to taste
1 large yellow onion, chopped
1/2 pound mushrooms, sliced (fresh or canned)
1 cup uncooked millet
3 cloves garlic, finely chopped
1/2 cup white wine
2 cups low-sodium chicken broth
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
3 cups baby spinach

Instructions

Heat 1 tablespoon of the oil in a large, deep skillet over medium-high heat. Season chicken with salt and pepper, then arrange tenderloins in the skillet. Cook, flipping once, until deep golden brown all over, about 7-10 minutes total. Transfer chicken to a large plate; repeat process with remaining 1 tablespoon oil and remaining tenderloins.

Once all of the tenderloins are browned and transferred to the plate, add onions, mushrooms and millet to the same skillet and cook, stirring often, for 5 minutes. Add garlic and cook 1 minute more. Stir in wine, broth, thyme, rosemary, salt and pepper. Nestle chicken into skillet, submerging it in the millet and vegetables; bring to a boil. Cover, reduce heat to medium-low and cook for about 25 minutes. Uncover skillet and gently stir in spinach. Cover skillet and cook until millet and spinach are tender and chicken is cooked through, about 10 minutes more.

Spoon chicken, millet and vegetables onto plates and serve.

Nutrition

Per serving (6-8 servings): 360 calories, 15g total fat, 3g saturated fat, 85mg cholesterol, 450mg sodium, 26g total carbohydrate (3g dietary fiber, 2g sugar), 27g protein

Quinoa Crusted Chicken Fingers

Ingredients

¾ cup quinoa, rinsed and drained
1 ½ cups water
2 pounds skinless chicken tenders
½ teaspoon of salt
¼ teaspoon freshly ground black pepper
¼ teaspoon paprika
2 egg whites
½ cup whole wheat breadcrumbs
2 tablespoons olive oil

Instructions

Mix quinoa and water in small saucepan and bring to a boil. Cover, reduce heat, and simmer 15 minutes. Fluff with fork.

Spread out the quinoa on a piece of wax paper or aluminum foil. Sprinkle the breadcrumbs over the quinoa. Place the egg whites in a shallow bowl. Sprinkle the chicken with salt, pepper, and paprika.

Dip the chicken into the egg and then press into quinoa mixture. Place the chicken onto a plate.

Warm a large skillet over high heat. Add the oil. When the oil is hot, add the chicken in batches and reduce the heat to medium. Cook each side 4-5 minutes, turning once, until the crust begins to brown the chicken is no longer translucent in the center. Transfer fingers to a plate and serve immediately.

Quinoa and Corn Griddle Cakes

Ingredients

1/2 c quinoa, rinsed and drained
1/2 c water
1/2 c reduced-sodium chicken broth
1 lg egg, beaten
1/2 c frozen corn kernels, thawed
2 scallions, finely chopped (1/4 c)
1/4 c shredded reduced-fat mozzarella cheese
1/4 c whole wheat flour
2 Tbsp 1% milk or buttermilk
1/4 tsp salt
1/8 tsp hot-pepper sauce
1/8 tsp freshly ground black pepper
2 Tbsp canola oil

Instructions

Mix quinoa, water, and broth in small saucepan and bring to a boil. Cover, reduce heat, and simmer 15 minutes. Fluff with fork.

Combine quinoa and remaining cake ingredients except oil in medium bowl.

Heat oil on large, nonstick griddle or in skillet over medium-high heat (work in batches if necessary). Scoop a generous 1/4 cup of the quinoa mixture at a time and drop onto griddle, flattening into pancake shape with back of spatula (makes 8 cakes). Cook until browned on bottom, about 3 minutes. Flip carefully and cook about 3 minutes longer.

Barley Stuffed Peppers

Ingredients

1 cup reduced-sodium chicken broth
1 cup sliced fresh mushrooms
2/3 cup quick-cooking barley
2 large red, yellow, and/or green sweet peppers
1 egg, beaten
3/4 cup shredded reduced-fat mozzarella cheese
3/4 cup diced tomatoes
1/2 cup shredded zucchini
1/3 cup plain bread crumbs
1 tablespoon snipped fresh basil or 1/2 teaspoon dried basil, crushed
1 teaspoon snipped fresh rosemary or 1/8 teaspoon dried rosemary, crushed
1/8 teaspoon onion salt
Several dashes bottled hot pepper sauce

Instructions

In a medium saucepan combine the broth, mushrooms, and barley. Bring to boiling; reduce heat. Simmer, covered, for 12 to 15 minutes or until barley is tender. Drain thoroughly.

Cut sweet peppers in half lengthwise; remove seeds and membranes. Precook pepper halves in boiling water for 3 minutes. Drain on paper towels.

In a medium mixing bowl stir together the egg, 1/2 cup of the cheese, the tomato, zucchini, bread crumbs, basil, rosemary, onion salt, and bottled hot pepper sauce. Stir in cooked barley mixture. Place peppers, cut side up, in a 2-quart rectangular baking dish. Spoon barley mixture into the pepper halves.

Bake stuffed peppers, covered, in a 350 degree oven for 20 to 25 minutes or until filling is heated through. Sprinkle remaining cheese over the peppers. Return to oven; bake 2 minutes more.

Nutrition per serving (makes 4 servings)

Calories 195
Total Fat (g) 5
Saturated Fat (g) 2
Cholesterol (mg) 62
Sodium (mg) 364
Carbohydrate (g) 28
Fiber (g) 5
Protein (g) 12

Spiced Polenta Steak Fries

Ingredients

1 tube (1 pound) polenta
1 tablespoon Olive Oil
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 teaspoon chili powder
1/8 teaspoon paprika
1/8 teaspoon pepper

Instructions

Preheat oven to 425°. Cut polenta in half widthwise; cut each portion in half lengthwise. Cut each section into eight strips. Arrange strips in a single layer in a 15-in. x 10-in. x 1-in. baking pan coated with cooking spray. Combine the oil and seasonings; drizzle over polenta strips and gently toss to coat. Bake at 425° for 7-10 minutes on each side or until golden brown.

Nutrition (per 8 fries, makes 32 fries)

Calories: 121
Fat: 3 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 383 mg
Carbohydrate: 20 g
Fiber: 1 g
Protein: 2 g

Sundried Tomato and Salami Couscous Salad

Ingredients

1 1/4 cups water
1 cup whole wheat couscous
2 cups baby arugula
1/3 cup sliced oil-packed sun dried tomatoes
1/4 cup lemon juice
2 tablespoons olive oil
1 teaspoon lemon zest
1/2 to 1 teaspoon red pepper flakes
1/4 pound sliced salami, roughly chopped
10 basil leaves, torn
Salt to taste

Instructions

In a medium saucepan, bring water to a boil; stir in couscous. Immediately remove pot from the heat, cover and set aside for 10 minutes. Uncover, transfer couscous to a large bowl and fluff with a fork; set aside to let cool to room temperature.

Add arugula, tomatoes, lemon juice, oil, zest, pepper flakes, salami, basil and salt and toss gently to combine. Serve salad at room temperature.

Nutrition (per cup)

410 calories, 24g total fat, 7g saturated fat, 35mg cholesterol, 910mg sodium, 37g total carbohydrate (6g dietary fiber, 1g sugar), 13g protein

Sesame Ginger Wheat Berry Salad

Ingredients

1-1/4 cups water
1/2 cup wheat berries
1 cup canned black beans, rinsed and drained
1/2 of a medium mango, seeded, peeled, and chopped
3/4 cup thin bite-size strips carrots
1/4 cup purchased mango chutney
2 Tbsp. rice vinegar
2 tsp. toasted sesame oil
1/4 tsp. ground ginger
Salt (optional)

Instructions

In saucepan combine water and wheat berries. Bring to boiling; reduce heat. Simmer, covered, for 45 to 60 minutes or until tender. Drain liquid. Stir in black beans, mango, carrots, chutney, vinegar, oil, and ginger. Season with salt.

Nutrition per serving (makes 4 servings)

Calories 226
Total Fat (g) 3
Cholesterol (mg) 0
Sodium (mg) 332
Carbohydrate (g) 45
Total Sugar (g) 14
Fiber (g) 8

Yogurt Parfait with Bulgur, Cherries, and Almonds

Ingredients

1/2 c water

1/2 c fine or med bulgur

1 pkg (10-12 oz) frozen unsweetened sweet cherries (2 to 2 1/2 c)

2 Tbsp sugar

1/2 tsp cornstarch

1/4 tsp almond extract

2 c low-fat vanilla yogurt

1/4 c sliced almonds, toasted

Instructions

Bring water to a boil in small saucepan. Stir in bulgur, remove from heat, cover, and let stand 10 minutes. Fluff with fork.

Stir together cherries, sugar, and cornstarch in medium saucepan and bring to a simmer over medium heat. Simmer until thickened slightly, about 5 minutes. Remove from heat, stir in almond extract, and chill at least 10 minutes.

Layer half the bulgur, half the yogurt, half the cherries, and half the almonds in 6 small glasses. Repeat.

Laura Bush's Oatmeal Chocolate Chunk Cookies

Ingredients

1 1/2 cup unsalted butter, room temperature
1 cup sugar
1 1/2 cup light brown sugar, firmly packed
3 large eggs, room temperature
1 tablespoon vanilla
1 1/2 cups white flour
1 1/2 cups whole wheat flour
1 tablespoon baking powder
1 teaspoon salt
2 teaspoons cinnamon
3 cups quick oats (not old fashioned)
2 cups chopped pecans
3 cups chocolate chunks
2 cups coarsely chopped dried cherries

Instructions

Preheat oven to 350F.

Cream butter and both sugars. Beat in eggs, one at a time, then beat in vanilla. Stir together flour, baking powder, salt, cinnamon and oats. Add to mixture and slowly beat until blended. Stir in nuts, chocolate and cherries.

Drop by tablespoonfuls an inch or so apart onto parchment covered or sprayed cookie sheet. Bake 12-15 minutes. Don't overbake.

Amaranth Corn Muffins

Ingredients

3 tablespoons uncooked whole grain amaranth
1/2 cup unbleached all-purpose flour
1/2 cup whole wheat pastry flour
1 cup yellow cornmeal
3 tablespoons sugar
1 teaspoon baking powder
1/8 teaspoon baking soda
1/2 teaspoon salt
2 eggs
1 cup milk
1/4 cup (1/2 stick) butter, melted
3 tablespoons honey
1/2 cup seedless raisins or cranberries

Instructions

Preheat oven to 400°F. Lightly grease a 12-muffin tin; set aside.

Heat a large skillet over medium heat. Add amaranth and toast, stirring constantly, until grains start to smell nutty and turn golden brown, about 2 minutes. (Be careful not to cook the amaranth too long; it will start to pop and jump in the skillet.) Transfer to a large plate and set aside to let cool.

Combine flours, cornmeal, sugar, baking powder, baking soda and salt in a large bowl; set aside. Whisk together eggs, milk, butter and honey in a second bowl, then add to flour mixture and stir until just combined. Add toasted amaranth and raisins and gently stir again, just until combined.

Spoon batter into prepared tin; each muffin will use about 1/4 cup of the batter. Bake until a cake tester inserted in the center of the muffins comes out clean, 16 to 18 minutes. Cool slightly then serve.

Nutrition

Per serving (per muffin, makes 12): 190 calories, 6g total fat, 3g saturated fat, 45mg cholesterol, 180mg sodium, 31g total carbohydrate (2g dietary fiber, 12g sugar), 4g protein