



## GREAT GRAINS

Make at least half your grains whole. Better yet, make em' all whole. Your body will thank you.

Just because it's brown, doesn't mean it's a whole grain! Read the label and look for the whole "whole" as the first ingredient. An easy way to see if what you are buying is a whole grain is to look for the whole grain stamp on the package. 100% whole grain is always the best choice.

### The Scoop on Grains

**Whole Grain:** includes the entire grain – the outside bran layer (antioxidants, B vitamins, and fiber), the endosperm (starchy carbohydrate, protein), and the germ (B vitamins, minerals, protein, healthy fat).

Examples: whole wheat, oats, rye, barley, buckwheat, brown rice, popcorn, amaranth, spelt, quinoa.

**Refined Grain:** outside bran layer and germ have been removed (including the antioxidants, vitamins, minerals, fiber, and fat) leaving only the starchy carbohydrate and a little protein.

Examples: white flour, white rice.

**Enriched Grain:** some nutrients added back into refined grain.

### Whole Grains

The original comfort food- from morning 'til night!

#### Crispy Granola

2 egg whites	3 cups uncooked rolled oats
½ cup chopped walnuts or almonds (optional)	1 cup shredded coconut (optional)
½ teaspoon ground cinnamon	1 teaspoon vanilla
Dash salt	½ cup sesame or sunflower seeds (optional)
¼ cup honey	½ cup raisins or other dried fruit (optional)

Preheat oven to 325°F. Spray a large, shallow baking pan with cooking spray, set aside. Put egg whites in large bowl and mix with fork until frothy. Stir in honey, cinnamon, and salt. Add oats and all other optional ingredients (except dried fruit) of choice. Stir until ingredients are well coated with egg mixture. Spread mixture on baking sheet. Bake 20-30 minutes or until mixture is golden brown, stirring every 5 minutes. Remove from pan, add dried fruit if using, and cool completely until crispy and crunchy. Store in airtight container.

Yield: 6-8 servings

#### Oatmeal Nut Pancakes – (Makes 8-10 pancakes).

1½ cups whole-wheat flour	2 tablespoons canola oil
2 teaspoons baking powder	2 tablespoons honey
2 cups low-fat milk	1 cup oats, uncooked
2 eggs	1 cup pecans, finely chopped (optional)

Combine flour, baking powder, and salt in medium mixing bowl and mix well. Add in milk, eggs, oil and honey and mix until smooth. Stir in oats and pecans. Pour ¼ cup batter on heated non-stick griddle. Cook until browned on bottom and bubbles form on top of pancake. Flip and cook another minute or so.





## Carbohydrates

Simple Carbohydrates/ Good for you.	Simple Carbohydrates/ Not so good for you.	Complex Carbohydrates/ Good for you.	Complex Carbohydrates/ Not so good for you.
Fruit	Candy and other sugar filled treats	Whole Grains	Refined grain products (pasta made with white flour, white rice, white bread).
Milk	Soda	Vegetables	Cakes, cookies and other baked goods.
		Dried beans and Legumes	

### Wheat Berry Salad

2 cups water  
½ cup dry wheat berries\*  
1 cup black beans or chick peas, rinsed & drained  
1 cup frozen shelled edamame, thawed\*\*  
Salt and pepper to taste  
  
¼ cup finely chopped red onion  
1 cup chopped tomato  
1 tablespoon extra virgin olive oil  
3 tablespoons red wine vinegar

Combine water and wheat berries in medium saucepan. Bring to boil, reduce heat and simmer, covered, 1 hour or until berries are tender. Place berries in strainer and rinse under cold water.

Combine drained wheat berries and remaining ingredients in a medium bowl. Serve immediately or refrigerate up to one day in advance.

Yield: 6 servings

\*Save some time by cooking and freezing wheat berries in advance! ½ cup raw wheat berries is equivalent to 1-½ cups cooked. To thaw, run wheat berries under warm water for a minute or two.

\*\*Edamame are fresh soybeans. They are delicious! You can buy them already shelled or in the shell. The shell is not edible so make sure you buy the shelled variety for this recipe!

### Oven Baked Brown Rice

2½ cups water  
1½ cups brown rice  
2 teaspoons canola oil  
Pinch of salt

Preheat oven to 375°F. Bring water to boil. Place rice, oil, and salt in oven safe pot or baking dish with tight fitting lid. Add boiling water to pot and cover with lid. Place pot in oven for one hour or until tender. Remove pot from oven and fluff rice with fork. Let stand 5-10 minutes.

### Barley Mushroom Pilaf

1 cup barley  
3 cups chicken, beef, or vegetable broth  
1 tablespoon olive oil  
¼ cup grated Parmesan cheese  
  
2 tablespoons chopped green onion  
¼ teaspoon dried rosemary  
½ cup sliced mushrooms

Cook barley in broth for 45 – 55 minutes or until liquid is absorbed and barley is tender. Heat olive oil in skillet. Add mushrooms, green onion, and rosemary to skillet. Sauté until vegetables are tender. Add vegetables to hot, cooked barley and stir gently to mix. Top with grated Parmesan. Serve immediately.

Yield: 4 servings



## Intimidated by grains? Not sure how to cook them?

Grains are actually pretty easy to cook and hard to mess up. Just put the grain in a pot and add three times as much water as grain (example: 1 cup grains and 3 cups water). Bring the whole thing to a boil, reduce the heat, and simmer until the grain is tender. If you need to add more water, that's ok. If you have too much water, drain it when the grain is done. That's all there is to it!

### Coconut Rice and Black-Eyed Peas

1 teaspoon olive oil  
1 tablespoon garlic, minced  
1 teaspoon red chili flakes  
2 cups brown rice  
Salt and pepper to taste

1½ cups light coconut milk  
2 cans black eyed peas, rinsed and drained  
2 tablespoons freshly minced cilantro leaves  
2½ cups chicken or vegetable stock

In a medium saucepan, heat oil, garlic and red pepper flakes; sauté until soft, about 2 minutes. Add the rice and stir to coat. Add the chicken stock and coconut milk. Stir well and bring to gentle boil. Lower heat and let simmer for about 45 minutes, until the rice is cooked and all the liquid has evaporated. Fluff with fork and stir in the black eyed peas and cilantro. Season with salt and pepper to taste.

Yield: 8 servings

### Basic Whole-wheat Bread

3 cups whole-wheat flour  
1½ teaspoons active dry yeast  
1½ cups warm water

2 teaspoons sugar  
¾ teaspoon salt

Combine flour, yeast, sugar, and salt in large mixing bowl. Add water to make a soft, slightly sticky dough. Knead until dough pulls away from sides of bowl and dough is elastic. Form dough into loaf and place in bread pan sprayed with cooking spray. Cover with plastic wrap sprayed with cooking spray. Let rise in warm, draft free place until doubled, about 20 – 30 minutes. Bake in 400° oven for 25- 30 minutes or until bread sounds hollow when tapped.

### Awesome Oatmeal Cookies

¾ cup mashed white beans  
2 tablespoons canola oil (optional)  
¾ cup brown sugar  
½ cup granulated sugar  
1 egg or ¼ cup egg substitute\*

1 teaspoon vanilla  
3 cups oats  
1 cup whole wheat flour  
1 teaspoon salt  
½ teaspoon soda

Preheat oven to 350°. Beat mashed white beans, oil, brown sugar, granulated sugar, egg or egg substitute, and vanilla until smooth and creamy. Combine remaining dry ingredients in a separate bowl and mix together. Add to bean and sugar mixture; mix well. Drop onto greased cookie sheets and bake for 8-10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.

Yield: about 36 cookies

Nuts, coconut, raisins, and/or chocolate chips may be added with dry ingredients for variety.

\*1 tablespoon ground flax seed mixed into 3 tablespoons warm water may be used in place of 1 egg.

Whole grains are a most nutritious and economical way to feed your family. How will you get whole grains on your next menu?