

CREATE

COOKING WHEAT

Wheat Berries

1 cup raw wheat kernels
2+ cups water
Pinch of salt

Place all ingredients in saucepan. Bring to boil, reduce heat, cover with lid, and cook about 1 hour or until wheat berries are plump, tender, and chewy. Drain any excess water still standing in the pot. If berries are not tender but the water has cooked out, add $\frac{1}{4}$ to $\frac{1}{2}$ cup more water and keep cooking until they are soft.

Yield: 2 $\frac{1}{2}$ cups wheat berries.

Cooked wheat berries will stay good in the refrigerator for about 5 days or can be frozen for later use.

Cracked Wheat Cereal

$\frac{1}{2}$ cup cracked wheat
2 cups water
Pinch of salt

Mix cracked wheat, water, and salt in a saucepan. Bring mixture to a boil, reduce heat to a simmer and cook for 20-30 minutes.

Yield: 4 servings

You can crack wheat by placing whole kernels into a blender at high speed for about 35-45 seconds.

Rolled Wheat

- 1 cup rolled wheat
- 4 cups boiling water
- Pinch of salt

Add rolled wheat to salted boiling water. Bring to boil and reduce heat to a simmer for 10-20 minutes.

Yield: 4 servings

Bulgur

1 cup bulgur
3 cups water
Pinch of salt

Add bulgur to salted water. Bring to boil, stirring constantly. Reduce heat, cover and simmer for 10-12 minutes (or add boiling water to bulgur and let sit for 30 minutes). Remove lid, fluff with fork.

Yield: 4 servings

Whole- wheat couscous or pasta

Follow directions on the package.

CREATE

How do you get the family on board with the whole 'whole-wheat' thing?

- Add cooked wheat berries, cracked wheat, or bulgur to main dish meals that contain meat, such as spaghetti sauce, meatloaf,
- Add cooked wheat berries or cracked wheat to soups.
- Use wheat berries or bulgur in salads.
- Use wheat berries or bulgur in place of rice.
- Use whole-wheat flour in cookies, pancakes, and muffins.

Stuffed Bulgur- Veggie Peppers

1 cup vegetable or chicken broth	½ cup shredded carrot
⅔ cup bulgur	½ cup grated Parmesan or mozzarella cheese
4 peppers (preferable red or yellow)	½ teaspoon thyme
½ cup chopped celery	¼ teaspoon oregano
½ cup chopped green onions	¼ teaspoon salt
½ cup diced mushrooms	

Bring broth and bulgur to boil in medium saucepan, stirring constantly. Reduce heat, cover pan with lid, and simmer 10 minutes. Fluff with fork and put in large bowl.

Preheat oven to 375°. Spray 8x8 baking dish with cooking spray. Cut tops off of peppers. Remove core and seeds. Cut very thin slice off bottom of peppers so they will stand upright. Cook peppers in pot of boiling water for 3 minutes. Remove peppers, drain, and place in 8x8 pan. Combine remaining ingredients with bulgur. Spoon bulgur mixture evenly into peppers. Bake 15-20 minutes.

Yield: 4 servings

Tabouli

1 cup bulgur	3 medium tomatoes, diced
2 cups boiling water	1 small cucumber, diced
½ cup chopped green onion	¼ - ½ cup fresh lemon juice
½ cup finely chopped fresh parsley	1 tablespoon olive oil
1 clove garlic, minced	Salt to taste
¼ cup finely chopped fresh mint or	
1 teaspoon dried mint	

Place bulgur in large bowl and pour boiling water over it. Cover and let sit for 30 minutes. Drain excess liquid from bulgur and fluff with fork. Add remaining ingredients to bulgur, stir well to mix, and season to taste.

Yield: 6 servings

CREATE

Why is whole grain best?

Each whole- wheat kernel has over 40 nutrients, including B vitamins, iron, zinc, vitamin E and fiber. Enriched white flour has been stripped of most nutrients during the milling process. Some vitamins and minerals are added back to the flour (enrichment). However it is impossible to add all of the nutrients lost during processing.

Wheat Berry Salad

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

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 is a green soybean and it is delicious! You can purchase it frozen in the pod or shelled. This recipe called for the shelled beans.**

Bean and Pasta Salad

4 cups small whole-wheat pasta (spirals, elbow, shells, etc.)	
¼ cup olive oil	
2 (15 oz.) cans kidney beans, drained and rinsed	¼ teaspoon basil
1 ½ cups fresh spinach torn into bite sized pieces	½ teaspoon salt
¼ cup red wine vinegar or lemon juice	⅛ teaspoon garlic powder
½ teaspoon ground pepper	1-2 green onions, thinly sliced
1 large bell pepper, seeded and chopped	1 large ripe tomato, seeded and chopped
¼ teaspoon dry mustard	

Cook pasta in boiling water according to package directions until tender but still firm. Drain and run under cold water until pasta is cool. Place cooled pasta, spinach, bell pepper, tomato, and green onions in a large bowl. Whisk the olive oil, vinegar or lemon juice, basil, garlic powder, mustard, salt, and pepper together. Pour over salad and serve immediately.

Yield: 6 servings

If the list of ingredients on the back of the package doesn't say 100% whole wheat, you are not getting a whole grain. All too often, enriched white flour is added to the product. You can't assume that just because it is brown or because the package says whole grain that is 100% whole wheat!