

Cooking Whole Grains

BROWN RICE



Cooking Tips:

- Add 2 cups liquid to 1 cup brown rice.
- Bring to a boil and simmer for 40-50 minutes until tender.
- When using a rice cooker, flip to the "brown rice" setting.

Good Source of: fiber, manganese, magnesium, vitamin B6

Health Benefits:

Can lower diabetes risk by helping to maintain more appropriate blood glucose levels.



Great for:

Sushi rolls, stuffing, pilaf

SPELT



Cooking Tips:

- Soak speltz overnight.
- Add 3 cups liquid to 1 cup speltz.
- Bring to a boil and simmer for 40-60 minutes. If speltz was not soaked, simmer for 65-80 minutes until desired texture.

Good Source of: fiber, phosphorus, manganese, magnesium, niacin

Health Benefits:

Can help reduce risk of stroke, diabetes and heart disease.



Great for:

Risotto, soups, salads

OATS



Cooking Tips:

- Add 2 cups liquid to 1 cup old-fashioned rolled oats.
- Bring to a boil and simmer for 10-20 minutes. Stir occasionally.

Good Source of: fiber, iron, protein, manganese, thiamin

Health Benefits:

- Contains antioxidants that can protect against the negative effects of LDL cholesterol.



Great for:

Hot cereals, baked goods, a crispy coating

BARLEY



Cooking Tips:

- Add 3 cups liquid to 1 cup hulled barley or 3 1/2 cups liquid to 1 cup hull-less barley.
- Bring to a boil and simmer for 50-55 minutes until tender.

Good Source of: fiber, selenium, phosphorus, copper, manganese

Health Benefits:

- Hulled or hull-less barley provides more nutritional value than pearl barley and contains insoluble fibers that feed the friendly bacteria in your gut, which can help with immunity, digestion, and regularity.



Great for:

Salads, soups, homemade veggie burgers

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QUINOA

Cooking Tips:

- Add 2 cups liquid to 1 cup quinoa.
- Bring to a boil and simmer for 15 to 20 minutes until water is absorbed.
- Fluff it with a fork before serving.



Good Source of: fiber, protein, iron, vitamin E, oleic acid

Health Benefits:

- Serves as a complete protein source, meaning it contains all essential amino acids.
- Contains oleic acid, a monounsaturated fat that is good for heart health.

Great for:

Salads, soups, stuffing



MILLET

Cooking Tips:

- Add 2 cups liquid to 1 cup millet.
- Bring to a boil and simmer for about 15 minutes (they'll continue soaking up water as they sit).



Good Source of: fiber, manganese, magnesium, niacin, folic acid, vitamin B6

Health Benefits:

Contains high antioxidant activity and can help control diabetes and inflammation.

Great for:

Hot cereals, sweet puddings, salads



BUCKWHEAT

Cooking Tips:

- Add 2 cups liquid to 1 cup buckwheat.
- Bring to a boil and simmer for 20 minutes or until tender.



Good Source of: fiber, flavonoids, magnesium

Health Benefits:

- Serves as a complete protein because it contains all of the essential amino acids.
- Can lower blood pressure and cholesterol and has probiotic-like benefits to help with digestion and regularity.

Great for:

Soba noodles, pancake mix, hot cereal



AMARANTH

Cooking Tips:

- Add 3 cups liquid to 1 cup amaranth.
- Bring to a boil and simmer for approximately 20 minutes until water is absorbed.



Good Source of: fiber, protein, manganese, magnesium

Health Benefits:

- Contains healthy oils in that can help reduce total and LDL cholesterol.
- Only grain documented to have vitamin C.

Great for:

Polenta, baked goods, stews

