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6 Ways to Eat More Whole Grains



How to Cook Whole Grains



3 Simple and Delicious Recipes

MoreWhole Grans



6 Ways to Eat More Whole Grains

Have oatmeal for breakfast or try one of the whole grain WIC cold cereals.

Choose 100% whole wheat crackers, breads, tortillas, bagels and pita pockets.

Add brown rice, barley, quinoa, and other whole grains to your soups, casseroles, and salads.





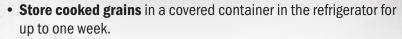
Substitute half the white flour with whole wheat flour in your regular recipes for cookies and muffins.



How to Cook Whole Grains

	To 1 cup of Grain	Add water or broth	Bring to a boil, then simmer	Amount after cooking
	Barley, hulled	3 cups	45-60 minutes	3 ½ cups
A STAN	Bulgur	2 cups	10–12 minutes	3 cups
	Oats, steel cut	4 cups	20 minutes	4 cups
	Oats, rolled (old fashioned)	1 3/4 cups	5 minutes	1 3/4 cups
	Oats, quick or instant	1 3/4 cups	1 minute (about)	2 cups
	Brown Rice	2 cups	25-45 minutes (varies)	3 cups
	Brown Rice instant	1 3/4 cups	8-10 minutes	4 cups







- Use less water for a firmer grain and more water for a softer grain.
- Look for other cooking instructions on your whole grain package.

3 Simple and Delicious Recipes

(Makes 1 Serving)

1 Morning Rice

Ingredients

- 1/2 cup brown rice, cooked
- 1/4 cup lowfat milk or soymilk
- 1 apple, cored, and chopped
- ¼ teaspoon vanilla extract
- 1/4 teaspoon cinnamon, ground

Directions

Mix all ingredients in a microwave safe bowl. Heat on high for 1–2 minutes or until heated through.

Source: Let's Cook, NEVHC WIC Program, 2010



2 Bulgur and Garbanzo Bean Salad

Ingredients

- 1 ½ cups medium-grain bulgur
- 2 cups cooked garbanzo beans, or one 15 oz can garbanzo beans, rinsed, drained
- 1 medium zucchini, diced small
- ½ cup minced fresh parsley leaves
- salt and pepper to taste

Dressing Ingredients

- 1/4 cup olive oil
- ½ cup fresh lemon juice and grated lemon peel from one lemon (yellow part only)
- 2 teaspoons honey
- salt and pepper to taste
- 1 tablespoon ground cumin
- ½-½ teaspoon cayenne pepper



Directions

- Boil 3 cups of water. Add the bulgur and simmer for about 10 minutes, or until the bulgur has softened. Drain the bulgur, shaking the strainer and gently pressing out excess moisture. Place the bulgur in a large bowl.
- 2. In a small bowl, stir together the dressing ingredients.
- Add the garbanzo beans, zucchini and parsley to the bulgur and stir. Pour the dressing over the bulgur mixture, add salt and pepper to taste and mix well.
 Serve warm or chilled.

3 Apple Oatmeal Muffins

Buy apples while they are in season and on sale. Make batches of these muffins to put in the freezer for later. You can also substitute whole wheat flour to make your muffins heartier and more nutritious.



Directions

- 1. Wash hands with soap and water.
- 2. Preheat oven to 400°F.
- 3. Place 6 cupcake holders in baking tin.
- 4. In a mixing bowl, add milk and applesauce. Stir until blended.
- 5. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix).
- 6. Gently stir in the chopped apples.
- 7. Spoon into cupcake holders.
- 8. Bake for 15–20 minutes or until an inserted toothpick comes out clean.
- 9. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

Notes

• Optional toppings: raisins, walnuts



Apples: Learn more at <u>snaped.fns.usda.gov</u>

Source: Simple Healthy Recipes, Oklahoma Nutrition Information and Education, ONIE Project





California Department of Public Health, California WIC program

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