

Inside:



6 Ways to Eat More Whole Grains



How to Cook Whole Grains



3 Simple and Delicious Recipes

# Eat More Whole Grains!



# 6 Ways to Eat More Whole Grains

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



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



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



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



**Use** whole wheat pasta.

**Experiment** with new recipes. Check out cookbooks from your local library or online.



# How to Cook Whole Grains



To 1 cup of Grain	Add water or broth	Bring to a boil, then simmer	Amount after cooking
 <b>Barley, hulled</b>	<b>3 cups</b>	<b>45–60 minutes</b>	<b>3 ½ cups</b>
 <b>Bulgur</b>	<b>2 cups</b>	<b>10–12 minutes</b>	<b>3 cups</b>
 <b>Oats, steel cut</b>	<b>4 cups</b>	<b>20 minutes</b>	<b>4 cups</b>
 <b>Oats, rolled (old fashioned)</b>	<b>1 ¾ cups</b>	<b>5 minutes</b>	<b>1 ¾ cups</b>
 <b>Oats, quick or instant</b>	<b>1 ¾ cups</b>	<b>1 minute (about)</b>	<b>2 cups</b>
 <b>Brown Rice</b>	<b>2 cups</b>	<b>25–45 minutes (varies)</b>	<b>3 cups</b>
 <b>Brown Rice instant</b>	<b>1 ¾ cups</b>	<b>8–10 minutes</b>	<b>4 cups</b>

## Tips!



- **Store cooked grains** in a covered container in the refrigerator for up to one week.
- **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

- ½ cup brown rice, cooked
- ¼ cup lowfat milk or soymilk
- 1 apple, cored, and chopped
- ¼ teaspoon vanilla extract
- ¼ 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

(Makes 4–6 Servings)

## 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

- ¼ cup olive oil
- ¼ 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
- ¼–½ teaspoon cayenne pepper

### Directions

1. 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.
3. 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.



Source: SDSU WIC Program

(Makes 6 Servings)

## 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.

### Ingredients

- ½ cup milk, non-fat
- ⅓ cup applesauce
- ½ cup flour, all-purpose
- ½ cup quick-cooking oats (uncooked)
- 1 cup sugar
- ½ tablespoon baking powder
- ½ teaspoon ground cinnamon
- 1 apple (tart, cored & chopped)



## 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.

**Optional toppings:**  
raisins and walnuts



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



**California Department of Public Health, California WIC program**

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