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What's? Cooking

A dark teal semi-circle representing a mixing bowl, with the words "USDA MIXING BOWL" in white, uppercase, sans-serif font inside it.

Cookbook

Explore Whole Grains



NOTES

A large, empty rounded rectangle with a thin blue border, intended for taking notes. The rectangle is positioned on the right side of the page, below the 'NOTES' header. It has a light gray fill and rounded corners.

NOTES




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Barley Pilaf

Ingredients

Makes: 8 servings

- 1 tablespoon** vegetable oil
- 1 cup** onion (chopped)
- 1/2 cup** celery (chopped)
- 1/2 cup** green or red bell pepper (optional) (chopped)
- 1 cup** fresh mushrooms (sliced, or 1- 4 ounce can mushrooms, drained)
- 1 cup** pearl barley (uncooked)
- 1 teaspoon** vegetable, beef or chicken bouillon (1 cube, may use low sodium bouillon)

Directions

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper (if using), mushrooms and pearl barley. Stir well.
3. Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan.
4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

Nutrition Information		
Key Nutrients	Amount	% Daily Value
Total Calories	120	
Total Fat	2 g	3%
Protein	3 g	
Carbohydrates	22 g	7%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	15 mg	1%

Whole Wheat Muffins

Ingredients

Makes: 12 servings

- 1 cup** flour (all purpose)
- 1 cup** whole wheat flour
- 1/2 teaspoon** salt
- 2 teaspoons** baking powder
- 1/4 cup** brown sugar (firmly packed, or white sugar)
- 1 cup** milk
- 2** eggs
- 1 teaspoon** vanilla (optional)
- 1/4 cup** butter (melted, or 1/4 cup vegetable oil)
- 1 tablespoon** sugar
- 1/2 teaspoon** ground cinnamon

Directions

1. Preheat oven to 400 degrees. Lightly grease a muffin pan, or line with paper muffin cups.
2. Mix together sugar and cinnamon for topping and set aside.
3. In a large bowl, stir together flour, salt, baking powder, and sugar. In a liquid measuring cup, measure milk, and then add eggs, vanilla, and melted butter. Mix with a fork until well combined.
4. Pour milk mixture over flour mixture and stir with a spoon, about 20 strokes, until flour is just moistened. Batter will be lumpy.
5. Fill prepared muffin cups about 2/3 full with batter. Sprinkle about 1/4 teaspoon of cinnamon/sugar topping over each muffin. Bake in oven for 20 to 25 minutes until golden brown.

Nutrition Information		
Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	5 g	8%
Protein	4 g	
Carbohydrates	22 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	230 mg	10%

Springtime Cereal

Ingredients

Makes: 2 servings

- 3/4 cup** wheat and barley nugget cereal
- 1/4 cup** bran cereal (100%)
- 2 teaspoons** sunflower seeds (toasted)
- 2 teaspoons** almonds (toasted, sliced)
- 1 tablespoon** raisins
- 1/2 cup** banana (sliced)
- 1 cup** strawberries (sliced)
- 1 cup** yogurt (raspberry or strawberry, low-fat)

Directions

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl.
2. Add the raisins, the bananas, and halve the strawberries.
3. Gently stir in the yogurt and divide between two bowls.
4. Scatter the remaining strawberries over the top and enjoy!

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	380	
Total Fat	5 g	8%
Protein	14 g	
Carbohydrates	76 g	25%
Dietary Fiber	11 g	44%
Saturated Fat	1.5 g	8%
Sodium	340 mg	14%

Granola Bars

Ingredients

Makes: 24 servings

- 1 cup** honey
- 1 cup** peanut butter
- 3 1/2 cups** rolled oats
- 1/2 cup** raisins
- 1/2 cup** carrot (grated)
- 1/2 cup** coconut flakes

Directions

1. Preheat oven to 350 degrees.
2. Peel and grate the carrots.
3. Put the honey and peanut butter in a large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let it cool until you can safely touch it.
6. Put the mix in the baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.
9. Cut into 24 bars.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	6 g	9%
Protein	4 g	
Carbohydrates	25 g	8%
Dietary Fiber	2 g	8%
Saturated Fat	1.5 g	8%
Sodium	5 mg	0%

Quinoa and Black Bean Salad

Ingredients

Makes: 6 servings

- 1/2 cup** quinoa (dry)
- 1 1/2 cups** water
- 1 1/2 tablespoons** olive oil
- 3 teaspoons** lime juice
- 1/4 teaspoon** cumin
- 1/4 teaspoon** coriander (ground, dried cilantro seeds)
- 2 tablespoons** cilantro (chopped)
- 2** scallions (medium, minced)
- 15 ounces** canned black beans (rinsed and drained)
- 2 cups** tomato (chopped)
- 1** red bell pepper (medium, chopped)
- 1** green bell pepper (medium, chopped)
- 2** green chilis (fresh, minced, to taste)
- Black pepper (to taste)

Directions

1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
4. Combine chopped vegetables with the black beans in a large bowl, and set aside.
5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	4.5 g	7%
Protein	5 g	
Carbohydrates	23 g	8%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	210 mg	9%

Stone Curry with Brown Rice

Ingredients

Makes: 8 servings

- 3 tablespoons** olive oil
- 1** medium onion (diced)
- 3 cups** water
- 2 cans** chickpeas (drained and rinsed, 14-ounce)
- 2** medium red-skinned potatoes (diced)
- 1** medium sweet potato (peeled and diced)
- 1** medium tomato (chopped)
- 4 cups** finely chopped spinach
- 1/2 cup** jarred mild curry sauce (or 1 tablespoon curry powder)
- 4 cups** cooked brown rice

Directions

1. In a large saucepan over moderate heat, warm the olive oil. Add the onion and sauté, stirring occasionally, until soft and translucent, about 4 minutes. Add the water and bring to a boil.
2. Add the chickpeas, red-skinned potatoes, sweet potato, tomato, and spinach, one at a time.
3. Reduce the heat to low and simmer the vegetables until tender, about 10 minutes.

Add the curry sauce or powder and simmer for 5 more minutes. Serve over brown rice.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	330	
Total Fat	8 g	12%
Protein	8 g	
Carbohydrates	49 g	16%
Dietary Fiber	10 g	40%
Saturated Fat	1 g	5%
Sodium	288 mg	12%