

Very Delicious Varieties of Whole Grains

QUINOA (keen-wah) is a relative of Swiss chard and beets rather than a “true” grain. It cooks in about 10-12 minutes, creating a light, fluffy side dish. It can also be incorporated into soups, salads and baked goods, and processed foods like cereal flakes. Quinoa is a tiny, round grain, often light-colored but also available in red, purple and black varieties.

Most quinoa must be rinsed before cooking, to remove a bitter plant residue that wards off insects.



How do I Cook Quinoa?

Rinse and drain 1 cup dry quinoa. Fill a saucepan with 1-1/2 cups water; add quinoa. Cover & heat to a boil. Reduce heat and simmer, covered, for 10-12 minutes, or until water is absorbed. Fluff with fork.

Health bonus: Quinoa is a great plant-based source of protein.

BULGUR When wheat kernels are boiled, dried, cracked, then sorted by size, the result is bulgur. Bulgur is most often made from durum wheat, but in fact almost any wheat can be made into bulgur. Perhaps bulgur's best-known traditional use is in the minty grain and vegetable salad known as tabbouleh.



How do I Cook Bulgur?

Bulgur is cooked just like pasta; boil in water for 10-12 minutes, or until soft. When done, rinse and fluff with fork. Use bulgur in any side dish you would use pasta or rice in.

Health bonus: Bulgur has more fiber than quinoa, oats, millet, buckwheat or corn. Its quick cooking time and mild flavor make it ideal for those new to whole grain cooking.



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BROWN/WHOLE GRAIN RICE is usually brown but can also come in black, purple, or red and is easily used in any recipe that typically uses white rice. While brown rice has less fiber than other whole grains, it is still full of many important nutrients, like B vitamins.

How do I cook Brown Rice?

1 cup brown rice
Just under 2 cups water

Place rice and water in a pot and bring water/rice to a boil uncovered. Reduce heat to low/simmer and cover. Simmer for 35-40 minutes. Turn off heat and let rice sit covered for another 10 minutes. Fluff and serve.

Health Benefits: *Rice is one of the most easily-digested grains, making it ideal for those with digestive disorders or who are on restrictive diets. Plus, rice is gluten-free and can be eaten by those who have gluten sensitivities or allergies.*

WILD RICE is not technically a rice but rather the seed of an aquatic grass. It has a hearty and bold, nutty flavor and comes in many different varieties. Wild rice is typically sold as a blend with brown or white rice, making it less expensive. Look for wild rice blends to easily replace regular rice in a variety of dishes.

How do I cook Wild Rice?

1 cup wild
3 cups of water

Place rice and water in a pot and bring water/rice to a boil uncovered. Reduce heat to low/simmer and cover. Simmer for 50-60 minutes for pure wild rice and less for a rice blend (40-50 min). Turn off heat and let rice sit covered for another 10 minutes. Fluff and serve. Wild rice can be made in larger batches and saved for leftovers. Add cooked meat or vegetables for a satisfying dish!



Health Benefits: *Wild rice has twice the protein and fiber of brown rice and is high in B vitamins and several minerals.*

Which of these whole grain varieties will you try? For more information and delicious recipe ideas, go to the Whole Grains Council's website at <http://wholegrainscouncil.org/>.

Adapted from the Whole Grains Council, "Whole Grains from A – Z."