

Cooking WHOLE GRAINS is easy!



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

- 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.

Recipe: 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.

Serves: 1



Source: [Let's Cook](#), NEVHC WIC Program, 2010

Recipe: YAM AND BEAN BURRITO

Ingredients:

- 2 large yams, peeled and cut into chunks
- 4 teaspoons vegetable oil, divided
- ½ onion, diced
- 2 cups cooked black beans or 15 oz can black beans, rinsed and drained
- ½ teaspoon ground cumin
- salt and pepper to taste
- 8 whole wheat tortillas

Directions:

Preheat oven to 375 degrees. In a large mixing bowl, toss yam chunks with 3 teaspoons oil. Spread coated yams on a baking sheet and roast in the oven for 20 minutes or until yams are tender.

In a large skillet, heat 1 teaspoon oil over medium-high heat. Add diced onion and

sauté until tender. Add beans, cumin, salt, and pepper to taste. Remove from heat and mix in cooked yam chunks, stirring gently. Spoon mixture into the center of each tortilla. Roll up the tortilla and serve.

Serves: 8



Source: [Let's Cook](#), NEVHC WIC Program, 2010

Recipe: 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
- grated lemon peel from one lemon (yellow part only)
- 2 teaspoons honey
- ½ teaspoon salt
- 1 tablespoon ground cumin
- ¼–½ 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.

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.

Serves: 4–6

Source: SDSU WIC Program