

# WHOLE-GRAIN BUYER'S GUIDE



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sume around six ounces of grains daily, and that we make at least half those grains whole. That may sound daunting, but if you eat 1 cup of oatmeal in the morning, a sandwich on 2 slices of whole-wheat bread at lunch and 1 cup of brown rice at dinner, you've more than met that goal!

## SHOPPING & COOKING GUIDE

### BARLEY

Barley has a nutty flavor and toothsome texture that is delicious in pilafs and holds up well in soups.\*

**COOK IT:** Bring 1 cup barley and 2½ cups water or broth to a boil. Reduce heat to low and simmer, covered, until tender, 35-50 minutes.

**MAKES:** 3-3½ cups.

**PER ½-CUP SERVING:** 97 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 22 g carbohydrate; 2 g protein; 3 g fiber; 2 mg sodium; 73 mg potassium.

*\*Quick-cooking barley is also available and cooks up in about 10 minutes. Follow cooking instructions on the package.*

### BROWN RICE

Brown rice has been minimally processed, just enough to sort and remove the inedible outer husk, leaving the nutritious outer bran layer intact. You can find brown versions of most types of rice, including short-, medium- and long-grain, jasmine and basmati.\*

**COOK IT:** Bring 1 cup rice and 2½ cups water or broth to a boil. Reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, 40-50 minutes. Let stand 5 minutes, then fluff with a fork.

**MAKES:** 3 cups.

**PER ½-CUP SERVING:** 108 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 22 g carbohydrate; 3 g protein; 2 g fiber; 5 mg sodium; 42 mg potassium.

*\*You can also find "quick-cooking" or "instant" brown rice, which is ready in 5-10 minutes. Follow cooking instructions on the package.*

### BULGUR

Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. Don't confuse bulgur with cracked wheat, which is simply that—cracked wheat. Since the parboiling step is skipped, cracked wheat must be cooked for up to an hour.

**T**rying to eat more whole grains? Keep at it! Grains are rich in carbohydrates—the body's main fuel supply—so we need a fair amount daily (despite what low-carb/no-carb gurus say). Whole grains also provide a healthy boost of vitamins, minerals, fiber, antioxidants and phytonutrients.

A whole-grain kernel starts with three parts: the bran, the germ and the endosperm. When these kernels are processed or "refined," most of the bran and some of the germ is removed. This results in the loss of fiber as well as a multitude of vitamins, minerals and other health-promoting phytonutrients. Although manufacturers "enrich" refined grains by adding back iron and three B vitamins (thiamin, riboflavin and niacin), this does not add back all of the whole-grain benefits.

We have good reason to be on the prowl for those benefits. People who eat plenty of whole grains tend to be leaner and have a lower risk of heart disease than those who don't. The fiber in whole grains also has its benefits: it promotes regularity. Diets high in fiber have been associated with a lower risk of developing diabetes and heart disease. Most of us fail to get the amount of fiber recommended for a healthy diet: 38 grams per day for men, 25 for women.

The 2005 USDA Dietary Guidelines recommend that adults con-

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**COOK IT:** Bring 1 cup bulgur and 1½ cups water or broth to a boil. Reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, 10-15 minutes.

**MAKES:** 2½-3 cups

**PER ½-CUP SERVING:** 76 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 17 g carbohydrate; 3 g protein; 4 g fiber; 5 mg sodium; 62 mg potassium.

## FARRO

Farro, or emmer wheat, has a satisfying chewy texture and nutty flavor. It can be used in baked goods and soups.

**COOK IT:** Combine 1 cup farro and 2 cups water or broth to a boil. Reduce heat to low and simmer, uncovered, until the farro is tender, 15 to 20 minutes.

**MAKES:** 3 cups.

**PER ½-CUP SERVING:** 111 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 23 g carbohydrate; 4 g protein; 3 g fiber; 0 mg sodium; 139 mg potassium.

## MILLET

Millet has a mild nutty flavor, which can be enhanced by toasting the grain before cooking. It does not contain gluten, so may be tolerated by some people with celiac disease.

**COOK IT:** Bring 2½ cups water or broth to a boil; add 1 cup millet. Reduce heat to low and simmer, covered, until tender, 20-25 minutes.

**MAKES:** 3 cups.

**PER ½-CUP SERVING:** 104 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 21 g carbohydrate; 3 g protein; 1 g fiber; 2 mg sodium; 54 mg potassium.

## QUINOA

Quinoa is a delicately flavored grain that was a staple in the ancient Incas' diet. Toasting the grain before cooking enhances its flavor and rinsing removes any residue of saponin, quinoa's natural, bitter protective covering.

**COOK IT:** Toast 1 cup quinoa in a saucepan until fragrant. Rinse in several changes of cold water. Bring the quinoa and 2 cups water or broth to a boil. Reduce heat to low and simmer, covered, until tender and most of the liquid has been absorbed, 15-20 minutes. Fluff with a fork.

**MAKES:** 3 cups

**PER ½-CUP SERVING:** 111 calories; 2 g fat (0 g sat, 0 g mono); 0 mg

cholesterol; 20 g carbohydrate; 4 g protein; 3 g fiber; 6 mg sodium; 159 mg potassium.

## SPELT

Spelt is a cereal grain with a mild nutty flavor. It has a higher protein content than wheat and may be tolerated by some people with celiac disease.

**COOK IT:** Bring 2 cups water or broth to a boil; add 1 cup spelt. Reduce heat to low and simmer, covered, until tender, about 1 hour.

**MAKES:** 3 cups.

**PER ½-CUP SERVING:** 123 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 18 g carbohydrate; 5 g protein; 4 g fiber; 5 mg sodium; 139 mg potassium.

## WILD RICE

Wild rice, a staple of Native Americans in Minnesota, is not a rice at all, but rather the only aquatic-derived grain native to North America.\*

**COOK IT:** Cook 1 cup rice in a large saucepan of lightly salted boiling water—at least 4 cups—until tender, 45-55 minutes. Drain.

**MAKES:** 2-2½ cups.

**PER ½-CUP SERVING:** 83 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 18 g carbohydrate; 3 g protein; 1 g fiber; 2 mg sodium; 83 mg potassium.

*\*You can also find "quick" wild rice—a whole-grain rice that cooks in less than 30 minutes—or "instant" wild rice that's done in 10 minutes or less. Follow cooking instructions on the package.*

## WHOLE-GRAIN FLOURS

For 100 percent whole-wheat yeast breads, stick to traditional **WHOLE-WHEAT FLOUR** milled from hard wheat, which is higher in gluten.

**WHOLE-WHEAT FLOUR** can be substituted for white flour in recipes, but there are a few challenges to achieving the desired result. When tinkering with recipes, begin by replacing half of the white flour with whole-wheat. If that suits your taste, experiment further by increasing the amount of whole-wheat.

To make a total exchange in a quick bread, muffin, cake or cookie recipe, try **WHOLE-WHEAT PASTRY FLOUR**. Milled from soft wheat, it has less gluten-forming potential than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains.

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**WHITE WHOLE-WHEAT FLOUR**, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour—folate, thiamin, magnesium, vitamins B<sub>6</sub> and E, and disease-fighting phytochemicals—as well as five times the dietary fiber of all-purpose flour.

**STORAGE TIP:** Whole-wheat flours go rancid more quickly than more-processed white flours so store them in the freezer to keep them fresh.

## RECIPES

Check the Price Chopper Recipe Cards Rack, or go to [www.pricechopper.com](http://www.pricechopper.com).

**BACONY BARLEY SALAD WITH MARINATED SHRIMP**

**BAKED CURRIED BROWN RICE & LENTIL PILAF**

**BARLEY & WILD RICE PILAF WITH POMEGRANATE SEEDS**

**BEV'S CHOCOLATE CHIP COOKIES**

**BULGUR WITH GINGER & ORANGE**

**MUSTARD GREENS & BULGUR**

**PARSLEY TABBOULEH**

**QUINOA WITH LATIN FLAVORS**

**WHOLE-WHEAT COUSCOUS WITH PARMESAN & PEAS**

**WILD RICE WITH DRIED APRICOTS & PISTACHIOS**

Wild Rice with Dried Apricots & Pistachios



Mustard Greens & Bulgur



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