

From Pantry to Table:

Feeding Your
Family with Tasty
Whole Grain
Dishes

SUMMER EDITION



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You already know that including **whole grains** in your diet can benefit your health—whole grains are higher in fiber and protein than their refined/processed counterparts; studies have shown that eating more whole grains can help lower bad cholesterol levels; and the heartiness of whole grains means you can eat less, but feel fuller.

To add more whole grains to your diet, you can look for packaged foods with whole grains on the ingredient list; or, for a more **economical, sustainable, nutritious** and **delicious** approach, try preparing homemade dishes using bulk whole grains right from your pantry!

Fortunately, preparing meals from scratch using bulk whole grains can be as convenient and easy as dinner from a box. The following recipes feature some basic ways to prepare a variety of whole grains. Once you know your quinoa from your couscous, and have determined which grains are most agreeable to your palate, you can adapt and invent new whole grain recipes, incorporating your favorite flavors.

In the fall and winter, whole grains make an excellent base for soups, casseroles, and stews. In the spring and summertime, they make terrific cold salads! Here are a few of our favorites . . .



Amaranth

Basic amaranth recipe: Combine $\frac{1}{2}$ cup amaranth with 1 cup water or broth. Heat to a boil, then reduce to a low simmer, cover, and cook 25-30 minutes, stirring occasionally.

An amaranth cookie recipe from our friends at Arrowhead Mills:



Peanut Butter Amaranth logs:

- 3/4 c AM Amaranth
- 3/4 c Coconut
- 1 c AM Creamy Peanut Butter
- 1/2 c AM Sesame Tahini
- 1/3 c Honey
- 1/2 c AM Wheat Bran
- 1/3 c AM Sunflower Seeds
- 1/3 c Milk powder

Mix together Amaranth and coconut. Place on a cookie sheet in the oven for 15 minutes at 300 F. While the above is toasting, place the remaining ingredients in a medium size bowl and mix. . Divide Amaranth and coconut mixture in half. Mix half of the Amaranth and coconut mixture in with other ingredients. After rolling this mixture into one dozen three-inch by half-inch logs, coat the outside with the remaining mixture of coconut and Amaranth. Place in the refrigerator or freezer until ready to serve. SUGGESTION: Fine coconut will give better results.



Brown Rice

Basic brown rice recipe: Combine 1 cup rice with 2 cups water and a dash of salt in a pot with a tight-fitting lid. Bring to a boil, stir once, reduce heat, cover and simmer over low heat for 50 minutes. Remove from heat, let sit 10 minutes, and fluff with a fork.

A recipe from Amy Radbill's Spring 2006 *Vegan Summer Suppers* cooking class:

Brown Rice Salad

2 cups cooked, cold brown rice, any variety

1/2 cup raisins, any variety

1/3 cup toasted pine nuts

1/3 cup sliced olives, any variety

1/2 cup sliced scallions (including greens)

1 cup quartered grape or cherry tomatoes

2 tablespoons olive oil

3 tablespoons white wine vinegar

1 tablespoon balsamic vinegar

Salt and pepper to taste

To toast the pine nuts, spread them on a baking sheet and place them in the oven at about 250°, until they begin to brown and smell rich and full.

To assemble the salad, toss all ingredients together in a medium-sized bowl. Allow the salad to marinate for at least fifteen minutes before eating.

Buckwheat (Kasha)

Basic buckwheat recipe: Combine 1 part kasha and two parts water; bring to a boil, reduce heat, and simmer 15-20 minutes.



Couscous

Basic couscous recipe: Boil 1 ½ cups of water, ¼ tsp. of salt, and 2 Tbsp. of butter or oil (if desired). Add 1 cup whole wheat couscous, stir, cover, and simmer for 5 minutes. Remove from heat and fluff with a fork.

Recipe from BethAnn Macomber's 2008 Whole Grains tasting class:

Whole Wheat Cous Cous Salad

1 cup + 2 T Water

1 cup Whole Wheat Cous Cous

½ tsp. salt

2 cup Favorite Veggies, chopped

¼ cup Favorite Cheese, grated or crumbled

2 Tbsp. Fresh Herbs, minced

¼ cup Oil & Vinegar Dressing

Add salt to boiling water then pour over cous cous. Cover and let stand for 10 minutes. Fluff cous cous with a fork and fold in remaining ingredients. Enjoy warm or refrigerate for later.



Millet

Basic millet recipe: combine $\frac{1}{2}$ cup millet with $1\frac{1}{4}$ cups water. Heat to a boil, cover, and simmer until tender. Check after 20 minutes. When liquid is absorbed, remove from heat, let stand in covered pot for 10 minutes.



Quinoa

Basic quinoa recipe: ALWAYS RINSE QUINOA BEFORE COOKING IT—otherwise it will taste bitter. To rinse, add quinoa to a large bowl of water, swirl it around with your hand or a spoon, allowing the grains to rub against one another. Pour the water out and repeat until the water is free of cloudiness, then pour the quinoa into a sieve and allow it to drain.

Bring one part quinoa and two parts water to a boil, reduce heat and simmer on low for about 15 minutes. Let stand a few minutes and fluff with a fork.

Recipe from Rae Gouirand's Winter 2006 "Quinoa Sampler" Class:
Quinoa and Corn Salad with Pumpkin Seeds

Serves 4-6

Dressing:

1/4 cup freshly squeezed lemon juice

1 teaspoon ground cumin

1 teaspoon chili powder

1 garlic clove, minced

1/2 cup extra-virgin olive oil

sea salt

Salad:

4 cups cooked quinoa, cooled (approx. 1 1/2 cups dry)

2 ears corn, kernels cut from cob (can use frozen corn, thawed)

1 medium red bell pepper, seeded and diced

1 cucumber, peeled, seeded, and diced

3 scallions, thinly sliced (including green parts)

1 large jalapeno pepper, seeded and diced

1/4 cup chopped fresh cilantro

1 medium head red-leaf lettuce, leaves separated, washed, and dried

2 ripe medium tomatoes, cored and cut into wedges

1 ripe avocado, pitted and thinly sliced

1 lime, cut into wedges

1/4 cup pumpkin seeds, toasted

Whisk together dressing ingredients and set aside to meld. Place cooled quinoa, corn, red pepper, cucumber, scallions, jalapeno, and cilantro in a large bowl. Add 1/2 cup dressing and salt to taste; mix to combine.

If presenting as a large salad: place large lettuce leaves side by side in a circle around a large serving platter and mound quinoa mixture in middle.

If serving in individual portions, place large lettuce leaves onto individual plates and mound quinoa mixture in center of each. Arrange tomato, avocado, and lime around quinoa on top of leaves. Sprinkle pumpkin seeds over salad. Serve immediately or hold for a little while at room temperature (to enhance the flavors) with remaining dressing.

Other Brochures Available from your Co-op – just ask!

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A Guide to Avoiding Trans Fats

The DFC Gluten Free Tour

The DFC Camping and Hiking Food Tour

The DFC Low Sodium Food Tour

A Rough Guide to Fiber

The Disaster Planning Guide

The Iron Cookbook

The Heart Healthy Cookbook

The Carrots in the Classroom Cookbook

The Vegetarian Passover Cookbook

Wine & Cheese Pairing Notes

Cast Iron Demo Notes

Bread Flour Demo Notes

Feeding Kids Demo Notes

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Budgeting 101 Demo notes

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