



Food Group Focus: Make Half Your Grains Whole

Basic Grain Pilaf

Wheat bulgur is quick cooking and high in fiber. It has a slightly nutty flavor and chewy texture. Look for it in the hot cereal or health food section of most large grocery stores.

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| 2 tsp. vegetable oil | 1 cup wheat bulgur |
| 1 small onion, finely minced | 2 cups low sodium chicken or vegetable broth |
| 1 carrot, shredded or finely minced | ¼ tsp. freshly ground pepper |
| 1 bunch green onions, chopped | |

- Heat oil in a medium sauce pan. Add onion and sauté for about 5 minutes or until it begins to turn golden. Stir in the carrot and bulgur. Cook for 1-2 minutes.
- Add the broth and pepper. Cover pan, reduce heat to low, and simmer the pilaf for about 20 minutes or until all the liquid is absorbed. Makes 4 servings.

NUTRITION FACTS *Per serving: 170 calories, 3.5 gm fat, 6 gm protein, 31 gm carbohydrate, 7 gm fiber, 2 mg cholesterol, 29 mg calcium, 1 mg iron, 67 mg sodium.*

Granola with Apricots and Cranberries

A great way to start your day with whole grains.

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| 4 cups regular oats | 1/3 cup molasses |
| ½ cup sliced almonds | 1/3 cup water |
| 1 teaspoon cinnamon | 1 cup chopped dried apricots |
| ¼ teaspoon salt | 1 cup dried cranberries |
| 1/3 cup honey | cooking spray |
| 2 tbsp. oil | |

- Preheat oven to 325°.
- Combine oats, almonds, cinnamon and salt in a large bowl.
- Combine honey, molasses, water, and oil in a medium saucepan; bring to a boil. Remove from heat; pour over oat mixture, stirring well to coat. Spoon mixture onto a jelly-roll pan coated with cooking spray; spread evenly. Bake at 325° for 40 minutes or until lightly toasted, stirring every 10 minutes. Remove from oven and stir in apricots and cranberries. Cool completely and store in an airtight container. Makes 6 cups.

NUTRITION FACTS *Per ½ cup serving: 277 calories, 6.2 gm fat, 5.8 protein, 53 gm carbohydrate, 5 gm fiber, 3 gm fat, 0 mg cholesterol, 56 mg calcium, 2.2 mg iron, 56 mg sodium.*

Speedy Spanish Rice

- 2 cups reduced sodium chicken or vegetable broth
- ½ cup salsa
- 2 cups instant brown rice

- Combine the broth and the salsa in a 2 quart saucepan and bring to a boil. Add the rice and reduce the heat to low. Cover and simmer for 5 minutes.
- Remove the pan from the heat and uncover to fluff the rice with a fork. Recover and let the rice steam for about 5 minutes longer. Makes 6 servings.

NUTRITION FACTS *Per ½ cup serving: 181 calories, 2 gm fat, 5 gm protein, 37 gm carb, 2 gm fiber, 0 mg chol, 6 mg calcium, 6 mg iron, 310 mg sodium.*