

Whole Grain Recipes

Spicy Fruited Barley (5 Servings)



2½ cups water
¼ teaspoon ground cloves
½ teaspoon ground ginger
1 cup pearled barley

1 cup mixed dried fruit, chopped
1 tablespoon honey
1 tablespoon lemon juice

Directions: Bring the water to boil in a large saucepan over high heat. Add the barley, cover and reduce heat to low simmer for 30 minutes. Stir in dried fruit and cook until barley is tender, about 10 more minutes. Add the honey and lemon juice and mix gently. Serve warm or chilled.

Nutrition Information Per Serving: calories 140, total fat 1g, total carbohydrates 32g, dietary fiber 2g, sodium 30mg, protein 1g.

Source: *Healthy Eating for Life Program*, K-State Research and Extension, Department of Human Nutrition, Kansas State University.



Garlicky Hummus (12 Servings)

2 cans (15 ounces each) chickpeas
6 cloves garlic, minced

¼ cup lemon juice (about 1 lemon)
½ cup water

Directions: Drain chickpeas. Add chickpeas, water, garlic, and lemon juice to a blender and process for 3 minutes or until smooth. Serve with baked pita triangles.

Nutrition Information Per Serving: calories 84, total fat 1g, total carbohydrates 14g, dietary fiber 4g, sodium 70g, protein 5g.

Source: Pennsylvania State University, College of Agricultural Sciences, Cooperative Extension

Quinoa Corn Salad

(5 Servings)

Quinoa

1 cup vegetable broth
½ cup quinoa, rinsed



Dressing

3 tablespoons lemon juice
2 tablespoons olive oil
2 tablespoons cilantro, chopped
2 green onions, chopped
1 teaspoon garlic, minced
1 teaspoon ground cumin

Remaining Ingredients

1 can (14 ounces) black beans
1 tomato, seeded and diced
1 cup frozen corn, thawed

Directions: Bring the broth to a boil over high heat in saucepan. Add the quinoa, reduce heat to low and simmer uncovered for 12-15 minutes, or until liquid is absorbed. Cool the quinoa to room temperature. Pour the cooled quinoa into a large serving bowl. Add the black beans (drained), tomatoes and corn and mix well. For the dressing, combine all ingredients in a mixing bowl. Add the dressing to the quinoa mixture and toss to combine. Cover and chill until ready to

Nutrition Information Per Serving: calories 220, total fat 11g, total carbohydrates 24g, dietary fiber 7g, sodium 220g, protein 10g.

Source: *Quick and Easy Whole Grain Recipes*, The Whole Grains Council.

Tabouli

(8 Servings)



2 cups uncooked bulgar
5 cups boiling water
2 cups chopped fresh parsley
1 cucumber, seeded and chopped
2 large tomatoes

6 green onions, chopped
¼ cup chopped fresh mint or 1 tablespoon dried
4 tablespoons lemon juice
3 tablespoons olive oil
Salt and pepper to taste

Directions: Combine bulgar and boiling water, cover and let stand 15 minutes. Drain off excess water. Add parsley, cucumber, tomatoes, onion and mint to bulgar. Toss to mix. Add lemon juice, oil, salt and pepper. Toss again. Chill 30-60 minutes to allow flavors to blend before serving.

Nutrition Information Per Serving (1/2 cup): calories 210, total fat 6g, total carbohydrates 34g, dietary fiber 9g, sodium 40g, protein 7g.

Source: *The Grain Guru Cookbook*. Oregon State University Extension, Family and Community Development

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