

## Whole Grain Recipes

<http://www.wholegrainscouncil.org/pdf/DozenEasyWGRecipes.pdf>

<http://www.fshn.hs.iastate.edu/nutritionclinic/recipes.htm> (Whole wheat and honey pizza dough, Breakfast cookies, Bran Flax muffins, Banana-Oat pancakes)

### Hearty Breakfast Bar

2 eggs, beaten  
1 cup unsweetened applesauce  
1/4 cup honey  
1 tsp. vanilla  
1 tsp. baking soda  
1/2 cup 50/50 flour  
1 tsp. cinnamon  
1/2 tsp. salt  
1/2 cup wheat germ  
1/4 cup raw wheat or oat bran  
3 cups old-fashioned rolled oats  
1/4 cup raisins  
1/2 cup walnuts

Blend together eggs, applesauce, honey and vanilla. Add baking soda and stir. Add remaining ingredients. and stir until moist and blended.

Spoon into either a 12-cup cupcake pan or into a 9" x 13" baking pan. When spooning into pan, keep loose. Do not pack down. Bake at 375 degrees for approximately 20 to 30 minutes. Cool. Makes 12 servings. Will keep in refrigerator for approximately two weeks.

### Jogger Bars

From www. Honey.com  
makes 16 servings  
2 tablespoons butter or margarine  
1/4 cup peanut butter  
1/2 cup honey  
1 1/2 cup chopped nuts  
2 teaspoons cinnamon  
1 teaspoon vanilla  
1/8 teaspoon salt  
1/2 cup raisins  
2 cups whole bran cereal

In 3 quart pan, combine butter, peanut butter and honey. Cook over low heat, stirring constantly, just until mixture begins to boil. Remove from heat. Add bran, chopped nuts, raisins, cinnamon, vanilla and salt. Stir until well mixed. Turn bran mixture into a greased 8 inch square pan. Firmly press mixture into pan. Cool. Cut into 16 bars.

### Harvest Grain 'N Nut Pancakes

Adapted by Carol Carlisle

3/4 cup Quaker oats  
3/4 cup whole wheat flour  
2 T. all-purpose flour  
2 tsp. baking soda  
1 tsp. baking powder  
1/2 tsp. salt  
1 3/4 cups buttermilk  
1/4 cup canola oil  
1 egg or 1/4 cup Egg Beaters  
1/4 cup sugar  
4-6 Tbsp. chopped nuts of choice

Spray griddle and preheat to medium. Grind oats in blender or food processor until fine, like flour. Combine the oat flour, whole wheat flour, all-purpose flour, baking soda, baking powder and salt in a medium bowl. In another bowl combine

buttermilk, oil, egg and sugar with an electric mixer until smooth. Combine dry ingredients with wet, add nuts and mix well with mixer. Use 1/3 cup of batter onto the skillet and cook 2 to 4 minutes per side or until brown. Makes 8 pancakes.

Note: You can re-warm a stack from frozen state 1 to 2 minutes on high in the microwave.

### **Brown Rice Mushroom Pilaf**

yields 4-6 servings

1/2 large onion, chopped  
1 cup sliced mushrooms  
1 TBS olive or canola oil  
1 cup brown rice  
2 cups chicken broth

Brown chopped onion and sliced mushrooms in a large saucepan with one TBS olive oil, about 5 minutes. Add one cup brown rice and stir to coat grains in oil. Add two cups chicken broth, bring to boil, and then turn down to simmer. Simmer for about 45 minutes, or until all liquid is absorbed.

### **Bean-Wah Salad**

yields 4 servings

This salad is best with fresh corn and summer ripe tomatoes

1/2 cup chicken or vegetable broth  
1/4 cup quinoa (can also use bulgur or another grain)  
juice of one small lemon (or lime)  
2 TBS olive oil  
2 TBS cilantro or parsley, chopped  
2 stalks green onions (scallions) chopped  
1 tsp minced garlic  
1 tsp cumin  
1 can (15 oz.) black beans, drained and rinsed (or try a different bean)  
1 tomato, seeded and diced  
1 cup fresh or frozen corn (about 3 ears if fresh)

1. Cook quinoa in broth about 15 minutes, until liquid is absorbed.
2. In a large bowl, make the dressing by mixing lemon juice, olive oil, parsley or cilantro, scallions, garlic and cumin.
3. Add drained and rinsed beans, chopped tomatoes and corn to the bowl. No need to cook the corn—just cut it right off the cobs.
4. When quinoa is fully cooked and has cooled a bit, add it to the salad and mix everything thoroughly. Best refrigerated for at least one hour to let flavors mingle, but you can eat it immediately if you're hungry

### **Ten Minute Italian Sausage Pasta**

yields 4 servings

2 links Italian chicken or turkey sausage, in small bits (can also use leftover chicken, beans, shrimp)  
2 cups mixed chopped veggies—your choice  
(such as red peppers, zucchini, onion, mushrooms, broccoli, garlic)  
1 cup cleaned chopped spinach  
1 jar unsweetened spaghetti sauce  
8 oz whole wheat spiral pasta  
some freshly grated parmesan cheese (optional)

1. Fill a large sauce pan with water and bring to boil. Add pasta and cook according to package.
2. Brown sausage bits in a non-stick skillet until cooked through and golden outside.
- 3) Chop the veggies and sauté in a little olive oil until tender-crisp.
- 4) Add the spinach, spaghetti sauce, and sausage to the veggies and warm until spinach wilts.
- 5) Drain pasta and combine with sauce/veggie/sausage mix. Top with cheese, if desired.

