

Whole Grain Recipes (see www.wholegrainscouncil.org)

Blueberry Whole-Wheat Pancakes

- 2 cups buttermilk**
- 3 large eggs**
- 6 tablespoons ($\frac{3}{4}$ stick) unsalted butter, melted and cooled, plus additional for brushing griddle**
- $\frac{3}{4}$ cup all-purpose flour**
- $\frac{1}{2}$ cup whole-wheat flour**
- $\frac{1}{4}$ cup wheat germ**
- 1 teaspoon salt**
- 2 teaspoons double-acting baking powder**
- $1\frac{1}{2}$ teaspoons baking soda**
- 3 tablespoons sugar**
- 2 cups picked-over blueberries**

Preheat oven to 200 degrees.

In bowl, whisk together the buttermilk, eggs and 6 tablespoons of butter.

In large bowl, whisk together the flours, wheat germ, salt, baking powder, baking soda and sugar, then add buttermilk mixture and whisk batter until it is just combined.

Heat a griddle over medium-high heat until it is hot enough to make drops of water scatter over its surface, and brush it with some of the additional melted butter.

Working in batches, pour batter onto griddle by $\frac{1}{3}$ -cup measures, and sprinkle each pancake with about 2 tablespoons of the blueberries. Cook pancakes 2 minutes on each side, or until golden. Transfer pancakes as they are cooked to a heatproof platter and keep them warm in a preheated oven.. Makes about 18 (5-inch) pancakes.:

Brown Rice Risotto with Asparagus and Porcini Mushrooms

- 1 large shallot, minced**
 - cup dried porcini mushroom pieces soaked in warm water**
- $\frac{1}{4}$ for 30 minutes, drained and chopped, or $\frac{1}{2}$ cup chopped fresh Portobello mushroom (1 medium-sized Portobello)**
- 2 tablespoons olive oil**

7/8 cup brown rice (1 cup less 2 tablespoons)

1 can (13 ounces) chicken broth

2 tablespoons tomato sauce or 1 tablespoon tomato paste

1 bunch (1 pound) fresh asparagus

¼ cup grated Parmesan cheese

Microwave method: In 2-quart casserole, microwave shallot and mushrooms in oil over high heat until sizzling, about 3 minutes. Stir in rice to coat it with oil.

In saucepan on stovetop over medium heat, combine broth and tomato sauce or paste, and bring to a boil. Pour broth over rice. Cover and microwave on high (100% power) 6 to 7 minutes, until boiling. Change setting to medium (50% power), and continue to cook 35 to 40 minutes, until rice is just tender and liquid has been absorbed.

Stove-top method: Sauté shallot and mushrooms in oil in heavy, deep saucepan, then stir in rice. In second saucepan, combine broth and tomato sauce or paste, and heat to a boil. Add about 1 cup of the hot broth to the rice. Remove remaining broth from heat. Cook rice at lowest possible simmer, partially covered, stirring frequently, until liquid is almost all absorbed. Add half of the remaining broth (which can be warm or at room temperature) and repeat procedure. Pour in last of the broth and cook until rice is tender. Total cooking time should be 40 to 45 minutes.

If all broth is absorbed before rice is cooked (a distinct possibility with brown rice, which takes so long to cook), add hot water a little at a time until desired tenderness is reached.

Meanwhile (regardless of method), cut tough ends off asparagus and steam stalks in a small amount of water in a covered skillet until just tender-crisp, 5 to 6 minutes. Cut stalks into 2-inch pieces. Stir asparagus and cheese into risotto and serve. Makes 6 servings.

The next three recipes are from the Whole Grains Council. The spinach pasta salad is best described as a spinach salad with pasta.

Spinach Pasta Salad

6 ounces uncooked whole-wheat pasta or whole rice pasta

2 tablespoons lemon juice (or juice of ½ lemon)

3 tablespoons olive oil

2 teaspoons minced garlic (2 cloves)

4 cups fresh spinach leaves, cleaned and chopped

1 can (15.5 ounces) chickpeas or other white beans, drained and rinsed

3 to 4 ounces feta cheese

Bring large saucepan of water to a boil and cook pasta according to package directions. (Spiral whole-wheat pasta is good and takes about 8 minutes to cook.)

In large salad bowl, prepare the dressing by mixing lemon juice, oil and garlic.

While pasta boils, clean and chop spinach, drain and rinse beans.

Drain pasta and mix with dressing in salad bowl. Add spinach, beans and feta and mix. Serve warm or cover and chill 1 hour or more. Salt and pepper to taste. Makes 4 servings.

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.

Hearty Whole Grain Pancakes

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.

Bread Machine Pizza Dough With Whole Wheat Flour Recipe

#137143

This dough turns out crusty on the outside and soft on the inside, just what my family likes. No one even noticed that it was made with half whole wheat flour. After trying numerous recipes, I was told this was the keeper. From The Bread Machine Cookbook by Donna Rathwell German.

1 1/3 cups water
2 tablespoons olive oil
3/4 teaspoon salt
2 cups all-purpose flour
2 cups whole-wheat flour
2 teaspoons yeast

2 14 inch round pizzas Change size or

Flaxseed Muffins

1 and 1/2 cups flour

¾ c. flaxseed meal (finely ground flaxseed)

¼ c. oat bran

1 c. brown sugar

2 tsp. baking soda

1 tsp. baking powder

½ tsp. salt

2 tsp. cinnamon

1 and ½ cup carrots, shredded

2 apples, peeled and shredded

½ c. raisins or dried berries(optional)

1 c. nuts, chopped

¼ c. skim milk

2 eggs, beaten

1 tsp. vanilla extract

Mix together flour, flaxseed meal, oat bran, brown sugar, baking soda, baking powder, salt and cinnamon in a large bowl. Stir in carrots, apples, raisins (if desired) and nuts.

Combine milk, beaten eggs, and vanilla. Pour liquid ingredients into dry ingredients and stir just until moistened. Do not over mix. Fill muffin cups 1/3 full. Bake at 350 degrees for 15-20 minutes. Per muffin=175 calories, 4 g fat, 6 g protein, 4 g fiber, 31 g carbohydrates, 29 mg cholesterol