

# The Grain Guru Cookbook



The Whole Story: Using Ancient Grains 2008

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## Popped Amaranth

Put one tablespoon in a heavy, dry, hot skillet and shake the pan or stir with a wooden spoon 10-15 seconds. Transfer to a bowl and continue to pop additional amaranth one tablespoon at a time until you have the desired amount. Do only what you need now since it turns rancid quickly. Sprinkle over salads or in casseroles, soups and stews or add to hot or cold cereals. Mix in yogurt for a crunchy breakfast or snack.



## Alegria—an Aztec baked treat

- 10 tablespoons (2 cups) popped amaranth
- 1/4 c honey
- 1/4 c dark corn syrup
- 4 tbsp margarine
- 1/2 tsp vanilla extract

1. Lightly grease 9x13 inch pan
2. Combine honey, corn syrup, butter and vanilla in heavy large skillet and heat to boiling. Reduce heat to medium and cook, stirring constantly, until the mixture turns dark amber and thickens (about 10 minutes). Add popped amaranth and mix.
3. Spoon mixture into prepared pan and spread with a spatula. Cut into bars while still warm then cool.
4. Once cooled, re-cut bars (if necessary) and store in cool place up to 2 days.

| Nutrition Facts  |                             |
|--|-----------------------------|
| Serving Size 1 Bar   |                             |
| Servings Per Container 12  |                             |
| Amount Per Serving   |                             |
| <b>Calories 110</b>  | <b>Calories from Fat 40</b> |
| % Daily Value*   |                             |
| <b>Total Fat 4.5g</b>  | <b>7%</b>                   |
| Saturated Fat 2.5g   | 13%                         |
| Trans Fat 0g   |                             |
| Cholesterol 10mg   | 3%                          |
| Sodium 15mg  | 1%                          |
| <b>Total Carbohydrate 17g</b>  | <b>6%</b>                   |
| Dietary Fiber 1g   | 4%                          |
| Sugars 7g  |                             |
| <b>Protein 2g</b>  |                             |
| Vitamin A 2%   | Vitamin C 0%                |
| Calcium 2%   | Iron 4%                     |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories 2,000 2,500        |
| Total Fat  | Less Than 65g 80g           |
| Saturated Fat  | Less Than 20g 25g           |
| Cholesterol  | Less Than 300mg 300 mg      |
| Sodium   | Less Than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |

## Green Barley

- 2 Tbsp oil
- 1 medium chopped onion
- 1 clove minced garlic
- 1 cup pearl barley, dry
- 1/8 tsp nutmeg
- 1/4 cup chopped parsley
- 2 cups chopped Swiss chard or spinach
- 1 cup sliced ham or prosciutto
- 3 cups chicken stock or canned broth
- 2 Tbsp chopped scallion or chives

1. Melt butter in large saucepan over medium heat and cook onion and garlic and cook 1 minute. Stir in chopped greens.
2. Add dry barley, ham, nutmeg and chicken stock and simmer covered until barley is tender, about 35-40 minutes, and all liquid is absorbed.
3. Stir in parsley and scallions or chives. Salt and pepper to taste.

**Note:** Pearl barley is NOT a whole grain, most of the bran has been removed with the hull



| Nutrition Facts  |                             |
|--|-----------------------------|
| Serving Size 1/2 Cup   |                             |
| Servings Per Container 8   |                             |
| Amount Per Serving   |                             |
| <b>Calories 200</b>  | <b>Calories from Fat 60</b> |
| % Daily Value*   |                             |
| <b>Total Fat 7g</b>  | <b>11%</b>                  |
| Saturated Fat 1.5g   | 8%                          |
| Trans Fat 0g   |                             |
| Cholesterol 15mg   | 5%                          |
| Sodium 470mg   | 20%                         |
| <b>Total Carbohydrate 26g</b>  | <b>9%</b>                   |
| Dietary Fiber 5g   | 20%                         |
| Sugars 3g  |                             |
| <b>Protein 11g</b>   |                             |
| Vitamin A 100%   | Vitamin C 10%               |
| Calcium 6%   | Iron 10%                    |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories 2,000 2,500        |
| Total Fat  | Less Than 65g 80g           |
| Saturated Fat  | Less Than 20g 25g           |
| Cholesterol  | Less Than 300mg 300 mg      |
| Sodium   | Less Than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |

## Cream of Buckwheat and Garlic

3 Tablespoons olive oil  
 3 cups low fat milk  
 1/2 cup Cream of Buckwheat  
 15 cloves garlic  
 2 Tbsp grated Parmesan cheese

1. Drop unpeeled garlic cloves in boiling water and cook 2 minutes. Drain, cool and peel.
2. Heat oil in saucepan and add garlic cooking until tender but not browned.
3. Mash garlic with fork. Add 1/4 cup of milk to form paste. Add remaining milk and heat to boiling
4. Add Cream of Buckwheat and simmer 10-12 minutes.
5. Sprinkle with Parmesan cheese.



### Nutrition Facts

|  |                             |
|--|-----------------------------|
| Serving Size 1/2 Cup   |                             |
| Servings Per Container 6   |                             |
| Amount Per Serving   |                             |
| <b>Calories 160</b>  | <b>Calories from Fat 25</b> |
| % Daily Value*   |                             |
| <b>Total Fat 3g</b>  | <b>5%</b>                   |
| Saturated Fat 2g   | 10%                         |
| Trans Fat 0g   |                             |
| <b>Cholesterol 10mg</b>  | <b>3%</b>                   |
| <b>Sodium 95mg</b>   | <b>4%</b>                   |
| <b>Total Carbohydrate 23g</b>  | <b>8%</b>                   |
| Dietary Fiber 2g   | 8%                          |
| Sugars 6g  |                             |
| <b>Protein 8g</b>  |                             |
| Vitamin A 6%   | Vitamin C 4%                |
| Calcium 20%  | Iron 6%                     |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories 2,000 2,500        |
| Total Fat  | Less Than 65g 80g           |
| Saturated Fat  | Less Than 20g 25g           |
| Cholesterol  | Less Than 300mg 300 mg      |
| Sodium   | Less Than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |

### Alternative:

Cream of Buckwheat can be made without garlic or cheese. Just flavor with vanilla or cinnamon instead and enjoy as a nutritious breakfast cereal.



## Tabouli (Bulgur)



2 cups uncooked bulgur  
 5 cups boiling water  
 2 cups chopped fresh parsley  
 1 cucumber, seeded & chopped  
 2 large tomatoes, seeded & chopped  
 6 green onions, chopped  
 1/4 cup chopped mint or 1 TB dried  
 3-4 Tablespoons lemon juice  
 3 Tablespoons olive oil  
 Salt & pepper to taste

1. Combine bulgur & boiling water, cover and let stand 15 minutes.
2. Drain off excess water. Add parsley, cucumber, tomatoes, onion and mint to bulgur. Toss to mix.
3. Add lemon juice, oil, salt & pepper. Toss again.
4. Chill 30-60 minutes to allow flavors to blend.
5. If desired, serve tabouli on lettuce leaves.

### Nutrition Facts

|  |                             |
|--|-----------------------------|
| Serving Size 1/2 Cup   |                             |
| Servings Per Container 8   |                             |
| Amount Per Serving   |                             |
| <b>Calories 210</b>  | <b>Calories from Fat 60</b> |
| % Daily Value*   |                             |
| <b>Total Fat 6g</b>  | <b>9%</b>                   |
| Saturated Fat 1g   | 5%                          |
| Trans Fat 0g   |                             |
| <b>Cholesterol 0mg</b>   | <b>0%</b>                   |
| <b>Sodium 40mg</b>   | <b>2%</b>                   |
| <b>Total Carbohydrate 34g</b>  | <b>11%</b>                  |
| Dietary Fiber 9g   | 36%                         |
| Sugars 3g  |                             |
| <b>Protein 7g</b>  |                             |
| Vitamin A 15%  | Vitamin C 35%               |
| Calcium 15%  | Iron 45%                    |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories 2,000 2,500        |
| Total Fat  | Less Than 65g 80g           |
| Saturated Fat  | Less Than 20g 25g           |
| Cholesterol  | Less Than 300mg 300 mg      |
| Sodium   | Less Than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |



## Corn Relish

- 5 cups fresh or frozen corn kernels
- 5 cups shredded cabbage
- 3 cups chopped onions
- 2 1/2 cups chopped red bell pepper
- 1 cup chopped green pepper
- 1 quart cider vinegar
- 1 1/2 cups packed brown sugar
- 1/4 cup dry mustard
- 2 Tbsp salt
- 1 Tbsp celery seeds



1. Combine all ingredients in a large heavy pot and slowly heat to boiling. Reduce heat and simmer uncovered about an hour, stirring occasionally.
2. With slotted spoon, fill sterilized pint jars, leaving 1 inch head space and pour in remaining hot mixture to cover. Seal jars.
3. Process in a boiling water canner for 15 minutes (check canning book for altitude adjustment and procedures).
4. Cool and store until ready for use.
5. Refrigerate before using. Serve cold.

| Nutrition Facts  |                             |
|--|-----------------------------|
| Serving Size 1/2 Cup<br>Servings Per Container 16  |                             |
| Amount Per Serving   |                             |
| <b>Calories 160</b>  | <b>Calories from Fat 15</b> |
| % Daily Value*   |                             |
| <b>Total Fat 1.5g</b>  | <b>2%</b>                   |
| Saturated Fat 0g   | 0%                          |
| Trans Fat 0g   |                             |
| <b>Cholesterol 0mg</b>   | <b>0%</b>                   |
| <b>Sodium 890mg</b>  | <b>37%</b>                  |
| <b>Total Carbohydrate 34g</b>  | <b>11%</b>                  |
| Dietary Fiber 3g   | 12%                         |
| Sugars 25g   |                             |
| <b>Protein 3g</b>  |                             |
| Vitamin A 25%  | Vitamin C 100%              |
| Calcium 6%   | Iron 6%                     |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories 2,000 2,500        |
| Total Fat  | Less Than 65g 90g           |
| Saturated Fat  | Less Than 20g 25g           |
| Cholesterol  | Less Than 300mg 300 mg      |
| Sodium   | Less Than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |                             |



## Sesame Ginger Couscous

- 1/3 cup dry couscous
- 1 Tbsp olive oil
- 1 tsp sesame oil
- 1 Tbsp soy sauce
- 1/2 cup diced carrots
- 1/2 cup green onions, chopped
- 1 1/2 tsp minced fresh ginger root
- 1 cup broccoli florets, chopped



1. Bring 1 1/4 cups water to boil in a saucepan. Stir in couscous and cover. Remove from heat and let stand for 5 minutes.
2. In skillet, heat olive oil over medium heat and add onions, ginger, carrots and broccoli. Cook for 3-4 minutes or until carrots are tender.
3. Add vegetables to couscous and stir in sesame oil and soy sauce.
4. Salt and pepper to taste.

| Nutrition Facts  |                             |
|--|-----------------------------|
| Serving Size 1/2 Cup<br>Servings Per Container 6   |                             |
| Amount Per Serving   |                             |
| <b>Calories 60</b>   | <b>Calories from Fat 30</b> |
| % Daily Value*   |                             |
| <b>Total Fat 3.5g</b>  | <b>5%</b>                   |
| Saturated Fat 0g   | 0%                          |
| Trans Fat 0g   |                             |
| <b>Cholesterol 0mg</b>   | <b>0%</b>                   |
| <b>Sodium 100mg</b>  | <b>4%</b>                   |
| <b>Total Carbohydrate 8g</b>   | <b>3%</b>                   |
| Dietary Fiber 1g   | 4%                          |
| Sugars 1g  |                             |
| <b>Protein 1g</b>  |                             |
| Vitamin A 35%  | Vitamin C 10%               |
| Calcium 2%   | Iron 2%                     |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories 2,000 2,500        |
| Total Fat  | Less Than 65g 80g           |
| Saturated Fat  | Less Than 20g 25g           |
| Cholesterol  | Less Than 300mg 300 mg      |
| Sodium   | Less Than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:<br>Fat 9 • Carbohydrate 4 • Protein 4   |                             |



## Zuppa di Farro (Farro soup)

6-8 ounces farro  
 2 cloves garlic  
 1 onion, sliced  
 1 quart hot broth  
 2-3 ounces Pancetta or ham/pork  
 3/4 pound plum tomatoes, chopped  
 1 small bunch of fresh parsley, chopped  
 2 Tbsp chopped fresh basil  
 2 sprigs of thyme  
 2 Tbsp olive oil  
 Grated Parmesan cheese



1. Wash and soak farro 8 hours.
2. Mince pancetta or pork and sauté in olive oil with thyme, onion and garlic until browned. Discard garlic.
3. Stir in tomatoes, parsley, basil and cook 2-3 minutes. Then stir in hot broth and bring to boil.
4. Add soaked farro and cook over low heat 2 hours or until farro is just chewy. Stir often.
5. Let soup sit for 1 hour and serve warm with grated cheese and bread.

| Nutrition Facts  |                           |
|--|---------------------------|
| Serving Size 1 Cup   |                           |
| Servings Per Container 6   |                           |
| Amount Per Serving   |                           |
| Calories 240   | Calories from Fat 70      |
| % Daily Value*   |                           |
| Total Fat 7g   | 11%                       |
| Saturated Fat 1.5g   | 8%                        |
| Trans Fat 0g   |                           |
| Cholesterol 5mg  | 2%                        |
| Sodium 370mg   | 15%                       |
| Total Carbohydrate 34g   | 11%                       |
| Dietary Fiber 5g   | 20%                       |
| Sugars 5g  |                           |
| Protein 12g  |                           |
| Vitamin A 15%  | Vitamin C 30%             |
| Calcium 10%  | Iron 20%                  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                           |
|  | Calories 2,000 2,500      |
| Total Fat  | Less Than 65g 80g         |
| Saturated Fat  | Less Than 20g 25g         |
| Cholesterol  | Less Than 300mg 300 mg    |
| Sodium   | Less Than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |

## Kamut Cranberry Salad

1 cup kamut and 1 cup wild rice  
 1 cup dried cranberries  
 1 med carrot, chopped  
 1 small red onion, chopped  
 1/2 cup fresh chopped parsley



1. Soak kamut in sauce pan overnight. Pour off water and add 1 cup fresh water bringing to boil. Cover, reduce heat and simmer 50-60 minutes.
2. Wash wild rice and place in medium saucepan with 3 cups water and bring to boil. Cover, reduce heat and boil gently 40-50 minutes. Remove from heat and drain excess liquid.
3. Combine kamut, rice, dried cranberries, carrots, onions and parsley and set aside.
4. Mix dressing in pint jar and pour over kamut mixture and mix well.
5. Cover and refrigerate until ready to serve.



### Dressing

1/2 cup orange juice  
 1/4 cup olive oil  
 1/4 cup red wine vinegar  
 2 cloves garlic, minced  
 Dash of Worcestershire  
 Salt and pepper to taste

| Nutrition Facts  |                           |
|--|---------------------------|
| Serving Size 1/2 Cup   |                           |
| Servings Per Container 12  |                           |
| Amount Per Serving   |                           |
| Calories 210   | Calories from Fat 50      |
| % Daily Value*   |                           |
| Total Fat 6g   | 9%                        |
| Saturated Fat 0.5g   | 3%                        |
| Trans Fat 0g   |                           |
| Cholesterol 0mg  | 0%                        |
| Sodium 5mg   | 0%                        |
| Total Carbohydrate 36g   | 12%                       |
| Dietary Fiber 5g   | 20%                       |
| Sugars 8g  |                           |
| Protein 5g   |                           |
| Vitamin A 20%  | Vitamin C 15%             |
| Calcium 2%   | Iron 6%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                           |
|  | Calories 2,000 2,500      |
| Total Fat  | Less Than 65g 80g         |
| Saturated Fat  | Less Than 20g 25g         |
| Cholesterol  | Less Than 300mg 300 mg    |
| Sodium   | Less Than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |

# Pumpkin Millet Muffins



- 1/2 cup millet
- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground cloves
- 1/2 tsp salt
- 1 egg
- 1/2 cup lite sour cream or nonfat yogurt
- 3 Tbsp oil
- 1/2 cup low fat milk
- 1 cup canned pumpkin puree
- 1/3 cup granulated sugar
- 1/3 cup light brown sugar

| Nutrition Facts  |                              |
|--|------------------------------|
| Serving Size 1 Muffin  |                              |
| Servings Per Container 12  |                              |
| Amount Per Serving   |                              |
| <b>Calories 190</b>  | <b>Calories from Fat 35</b>  |
| <b>% Daily Value*</b>  |                              |
| <b>Total Fat 4g</b>  | <b>6%</b>                    |
| Saturated Fat 2g   | <b>10%</b>                   |
| Trans Fat 0g   |                              |
| <b>Cholesterol 25mg</b>  | <b>8%</b>                    |
| <b>Sodium 200mg</b>  | <b>8%</b>                    |
| <b>Total Carbohydrate 35g</b>  | <b>12%</b>                   |
| Dietary Fiber 4g   | <b>16%</b>                   |
| Sugars 12g   |                              |
| <b>Protein 5g</b>  |                              |
| Vitamin A 60%  | • Vitamin C 0%               |
| Calcium 6%   | • Iron 15%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                              |
|  | Calories    2,000    2,500   |
| Total Fat  | Less Than 65g    80g         |
| Saturated Fat  | Less Than 20g    25g         |
| Cholesterol  | Less Than 300mg    300 mg    |
| Sodium   | Less Than 2,400mg    2,400mg |
| Total Carbohydrate   | 300g    375g                 |
| Dietary Fiber  | 25g    30g                   |
| Calories per gram:   |                              |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |

1. Preheat oven to 400°F and line 12-cup muffin pan.
2. Heat large skillet and toast millet, stirring occasionally until begins to pop. Cool.
3. Mix together flours, baking powder and soda and spices. In a separate bowl, mix egg, sour cream, oil, milk, pumpkin and sugars. Gently fold mixtures together.
4. Spoon into muffin tins and bake 22-25 min.

# Nizza Pizza (oats)



- 2 1/2 cups tomato sauce
- 2 cups rolled oats
- 1 cup reduced fat Ricotta cheese
- 1 1/2 cups grated mozzarella cheese
- 1/2 to 3/4 cup Canadian bacon or reduced fat pepperoni or salami pieces

1. Preheat oven to 400°F. Lightly grease a 12-inch pizza pan.
2. In bowl, combine 2 cups of warm tomato sauce with oats and stir well. Spread mixture over pizza pan and bake until crisp, about 15-18 minutes.
3. Spread ricotta over cooled crust and sprinkle with remaining tomato sauce. Top with mozzarella and meat and bake at 425°F until bubbly, about 12-15 minutes.

### Tip:

Tomato sauce can be prepared with garlic, basil, oregano and thyme. Try adding 1/2 cup clam broth with 1 1/2 tsp anchovy paste and cooking about 15 minutes before making pizza.

| Nutrition Facts  |                              |
|--|------------------------------|
| Serving Size 1 Slice   |                              |
| Servings Per Container 8   |                              |
| Amount Per Serving   |                              |
| <b>Calories 260</b>  | <b>Calories from Fat 110</b> |
| <b>% Daily Value*</b>  |                              |
| <b>Total Fat 13g</b>   | <b>20%</b>                   |
| Saturated Fat 6g   | <b>30%</b>                   |
| Trans Fat 0g   |                              |
| <b>Cholesterol 35mg</b>  | <b>12%</b>                   |
| <b>Sodium 850mg</b>  | <b>35%</b>                   |
| <b>Total Carbohydrate 21g</b>  | <b>7%</b>                    |
| Dietary Fiber 3g   | <b>12%</b>                   |
| Sugars 4g  |                              |
| <b>Protein 17g</b>   |                              |
| Vitamin A 10%  | • Vitamin C 8%               |
| Calcium 25%  | • Iron 10%                   |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                              |
|  | Calories    2,000    2,500   |
| Total Fat  | Less Than 65g    80g         |
| Saturated Fat  | Less Than 20g    25g         |
| Cholesterol  | Less Than 300mg    300 mg    |
| Sodium   | Less Than 2,400mg    2,400mg |
| Total Carbohydrate   | 300g    375g                 |
| Dietary Fiber  | 25g    30g                   |
| Calories per gram:   |                              |
| Fat 9 • Carbohydrate 4 • Protein 4   |                              |

## Curry Quinoa



- 1 cup quinoa
- 1 1/2 Tbsp oil
- 1/2 diced onion
- 1 tsp turmeric
- 1 tsp coriander
- 1/2 fresh green chili chopped
- 1 Tbsp chopped fresh ginger root
- 1/4 tsp ground cinnamon
- 1/2 tsp salt
- 1 3/4 cups water or broth
- 1/2 cup fresh or frozen peas

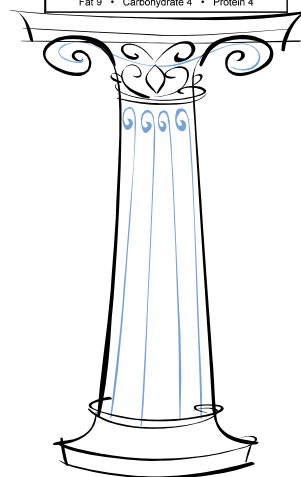
1. Rinse quinoa with cold water through fine mesh or coffee filter to clean.
2. Place oil and onions in skillet and sauté 4-5 minutes.
3. Add ginger root, chili and quinoa. Cook 1 minute stirring constantly. Stir in spices and cook 1 more minute.
4. Add water or broth and bring to boil. Cover, reduce heat and simmer 15 minutes.
5. Stir in peas and cover, cooking 5 more minutes or until peas are tender.
6. Fluff with fork before serving.

| Nutrition Facts               |                             |
|-------------------------------|-----------------------------|
| Serving Size 1/2 Cup          |                             |
| Servings Per Container 6      |                             |
| Amount Per Serving            |                             |
| <b>Calories</b> 150           | <b>Calories from Fat</b> 45 |
| % Daily Value*                |                             |
| <b>Total Fat</b> 5g           | <b>8%</b>                   |
| Saturated Fat 0.5g            | 3%                          |
| Trans Fat 0g                  |                             |
| <b>Cholesterol</b> 0mg        | <b>0%</b>                   |
| <b>Sodium</b> 200mg           | <b>8%</b>                   |
| <b>Total Carbohydrate</b> 23g | <b>8%</b>                   |
| Dietary Fiber 2g              | 8%                          |
| Sugars 1g                     |                             |
| <b>Protein</b> 5g             |                             |
| Vitamin A 2%                  | Vitamin C 20%               |
| Calcium 2%                    | Iron 10%                    |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    | Calories  | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less Than | 65g     | 80g     |
| Saturated Fat      | Less Than | 20g     | 25g     |
| Cholesterol        | Less Than | 300mg   | 300 mg  |
| Sodium             | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



## Crocchetta di Spinaci (brown rice)

- 1 cup cooked brown rice
- 1 package frozen chopped spinach, drained
- 2 eggs
- 1/3 cup grated parmesan cheese
- 1/2 tsp nutmeg
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1/4 tsp hot pepper sauce
- 1/4 cup olive oil
- 1/2 to 3/4 cup bread crumbs



1. Preheat oven to 350°F.
2. Place cooked rice in bowl and add spinach, eggs, cheese and spices. Mix well.
3. Using a soup spoon, form into balls and drop into bread crumbs. Roll to coat.
4. Heat oil in saucepan and sauté croquettes a few at a time until golden brown (about 3 min per side).
5. Drain on paper towels and arrange on oven platter.
6. Bake 10 minutes before serving.

| Nutrition Facts               |                             |
|-------------------------------|-----------------------------|
| Serving Size 1/4 Cup          |                             |
| Servings Per Container 8      |                             |
| Amount Per Serving            |                             |
| <b>Calories</b> 160           | <b>Calories from Fat</b> 90 |
| % Daily Value*                |                             |
| <b>Total Fat</b> 10g          | <b>15%</b>                  |
| Saturated Fat 2g              | 10%                         |
| Trans Fat 0g                  |                             |
| <b>Cholesterol</b> 55mg       | <b>18%</b>                  |
| <b>Sodium</b> 310mg           | <b>13%</b>                  |
| <b>Total Carbohydrate</b> 13g | <b>4%</b>                   |
| Dietary Fiber 2g              | 8%                          |
| Sugars 1g                     |                             |
| <b>Protein</b> 7g             |                             |
| Vitamin A 130%                | Vitamin C 6%                |
| Calcium 15%                   | Iron 10%                    |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

|                    | Calories  | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less Than | 65g     | 80g     |
| Saturated Fat      | Less Than | 20g     | 25g     |
| Cholesterol        | Less Than | 300mg   | 300 mg  |
| Sodium             | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Ruffled Rye Bread



3 Tbsp vegetable oil  
 1 medium onion, chopped  
 1 clove garlic, minced  
 1 Tbsp caraway seeds  
 1 can (12 ounce) beer  
 1/2 cup warm water  
 1 envelope (3.2 ounces) dry milk  
 2/3 cup cooked triticale berries

1 cup rye flour  
 1 tsp celery seeds  
 4-5 cups bread flour  
 2 packages dry yeast  
 3 Tbsp honey  
 1 egg



1. Heat oil in medium sauce pan and add onion and garlic. Cook 5 minutes. Stir in seeds and beer and heat to boiling. Boil 2 minutes and set aside.
2. Place warm water in large bowl and sprinkle with yeast. Stir in 1 Tbsp of honey and let stand until bubbly, about 5 minutes.
3. Stir remaining honey into yeast mixture with egg, milk, cooked triticale and beer mixture. Add rye flour and 3-4 cups bread flour to make stiff dough.
4. Knead dough until smooth and elastic, about 10 minutes. Transfer to oiled bowl and let rest until doubled (about 1 hour).
5. Punch dough down and knead briefly. Divide in half and place each in 8 1/2 x 4 1/2 bread pan. Cover with towel and let rest 1 hour.
6. Preheat oven to 350°F.
7. Bake bread until browned, about 45 minutes.

### Nutrition Facts

|  |                             |
|--|-----------------------------|
| Serving Size 1 Slice   |                             |
| Servings Per Container 15  |                             |
| Amount Per Serving   |                             |
| <b>Calories 300</b>  | <b>Calories from Fat 40</b> |
| % Daily Value*   |                             |
| <b>Total Fat 4g</b>  | <b>6%</b>                   |
| Saturated Fat 0g   | 0%                          |
| Trans Fat 0g   |                             |
| Cholesterol 15mg   | 5%                          |
| Sodium 45mg  | 2%                          |
| <b>Total Carbohydrate 53g</b>  | <b>18%</b>                  |
| Dietary Fiber 4g   | 16%                         |
| Sugars 7g  |                             |
| <b>Protein 11g</b>   |                             |
| Vitamin A 0%   | Vitamin C 4%                |
| Calcium 10%  | Iron 6%                     |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories 2,000 2,500        |
| Total Fat  | Less Than 65g 80g           |
| Saturated Fat  | Less Than 20g 25g           |
| Cholesterol  | Less Than 300mg 300 mg      |
| Sodium   | Less Than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |

## Spelt Bread



1 Tbsp yeast  
 1 Tbsp xanthan gum  
 1 1/2 cups whole grain spelt flour  
 1 1/2 cups white spelt or white wheat flour  
 1 tsp salt  
 1/4 cup honey  
 3 Tbsp oil or melted margarine  
 3/4 cup rolled oats  
 1 cup warm water

1. Breadmaker: put in all ingredients, use "dough only" setting. When done, form into loaf and place in greased pan.
2. Cover and let rise until doubled, about an hour.
3. Bake in 350 degrees oven for about 25 minutes.

*Note: Spelt flour is low gluten, Xanthan gum serves as a binding agent.*

### Nutrition Facts

|  |                             |
|--|-----------------------------|
| Serving Size 1 Biscuit   |                             |
| Servings Per Container 16  |                             |
| Amount Per Serving   |                             |
| <b>Calories 80</b>   | <b>Calories from Fat 10</b> |
| % Daily Value*   |                             |
| <b>Total Fat 1g</b>  | <b>2%</b>                   |
| Saturated Fat 0g   | 0%                          |
| Trans Fat 0g   |                             |
| Cholesterol 0mg  | 0%                          |
| Sodium 125mg   | 5%                          |
| <b>Total Carbohydrate 16g</b>  | <b>5%</b>                   |
| Dietary Fiber 2g   | 8%                          |
| Sugars 2g  |                             |
| <b>Protein 4g</b>  |                             |
| Vitamin A 0%   | Vitamin C 0%                |
| Calcium 8%   | Iron 6%                     |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |
|  | Calories 2,000 2,500        |
| Total Fat  | Less Than 65g 80g           |
| Saturated Fat  | Less Than 20g 25g           |
| Cholesterol  | Less Than 300mg 300 mg      |
| Sodium   | Less Than 2,400mg 2,400mg   |
| Total Carbohydrate   | 300g 375g                   |
| Dietary Fiber  | 25g 30g                     |
| Calories per gram:   |                             |
| Fat 9 • Carbohydrate 4 • Protein 4   |                             |

# Chocolate Mint Teff Refrigerator Cookies

- 1/2 cup margarine
- 1/2 cup honey
- 1/2 tsp vanilla
- 1/4 tsp mint extract
- 1 cup teff flour
- 1/4 cup cocoa powder
- 1/8 tsp salt
- 1 cup chopped walnuts

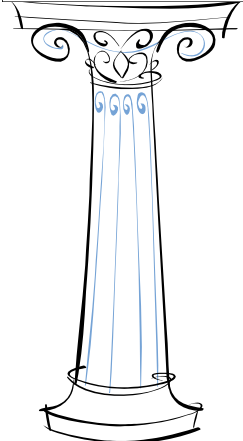
1. Cream together margarine and honey. Add vanilla and mint and mix well.
2. Combine flour, cocoa and salt. Add walnuts and stir into creamed mixture.
3. Place in plastic bag and shape into a log. Refrigerate 1 hour until firm.
4. Preheat oven to 350°F.
5. Slice into 18 cookies. Place on oiled baking sheet. Bake for 20 minutes.

| Nutrition Facts           |                      |
|---------------------------|----------------------|
| Serving Size 1 Cookie     |                      |
| Servings Per Container 18 |                      |
| Amount Per Serving        |                      |
| Calories 130              | Calories from Fat 70 |
| % Daily Value*            |                      |
| Total Fat 8g              | 12%                  |
| Saturated Fat 2.5g        | 13%                  |
| Trans Fat 0g              |                      |
| Cholesterol 5mg           | 2%                   |
| Sodium 20mg               | 1%                   |
| Total Carbohydrate 14g    | 5%                   |
| Dietary Fiber 2g          | 8%                   |
| Sugars 7g                 |                      |
| Protein 2g                |                      |
| Vitamin A 2%              | Vitamin C 0%         |
| Calcium 2%                | Iron 6%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories  | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less Than | 65g     | 80g     |
| Saturated Fat      | Less Than | 20g     | 25g     |
| Cholesterol        | Less Than | 300mg   | 300 mg  |
| Sodium             | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

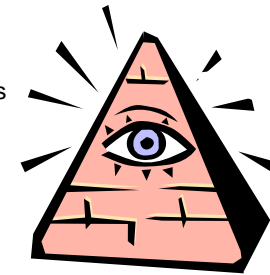
Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



# Triticale Okra Salad

## Salad

- 1 1/2 cups cooked triticale berries
- 1 fresh jalapeno, seeded, minced
- 1 cup cherry tomatoes, sliced
- 1/4 pound fresh okra cut in rounds
- 1 Tbsp chopped fresh mint
- 1 minced shallot



1. Prepare and toss salad ingredients.
2. Mash garlic and salt in bowl to form paste.
3. Whisk in mustard and tomato juice, then add oil and vinegar.
4. Pour dressing on fresh salad and toss gently until well-mixed.

## Dressing

- 1/4 tsp salt
- 1 small clove garlic
- 1 tsp Dijon mustard
- 2 Tbsp tomato juice
- 1/4 cup olive oil
- 1/4 tsp red wine vinegar

| Nutrition Facts          |                      |
|--------------------------|----------------------|
| Serving Size 1/2 Cup     |                      |
| Servings Per Container 8 |                      |
| Amount Per Serving       |                      |
| Calories 180             | Calories from Fat 70 |
| % Daily Value*           |                      |
| Total Fat 8g             | 12%                  |
| Saturated Fat 1g         | 5%                   |
| Trans Fat 0g             |                      |
| Cholesterol 0mg          | 0%                   |
| Sodium 95mg              | 4%                   |
| Total Carbohydrate 28g   | 9%                   |
| Dietary Fiber 7g         | 28%                  |
| Sugars 2g                |                      |
| Protein 5g               |                      |
| Vitamin A 4%             | Vitamin C 15%        |
| Calcium 2%               | Iron 4%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories  | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less Than | 65g     | 80g     |
| Saturated Fat      | Less Than | 20g     | 25g     |
| Cholesterol        | Less Than | 300mg   | 300 mg  |
| Sodium             | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

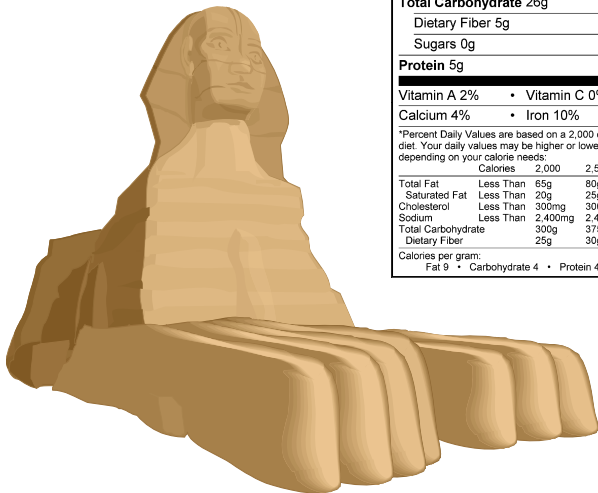
## Wheat Berry Caviar

- 2 small cloves garlic
- 1 cup pitted black olives
- 1/4 tsp salt
- 1/4 tsp Dijon mustard
- 1/4 cup olive oil
- 1 1/2 cups cooked wheat berries, chilled
- Fresh chives for garnish



1. Mince garlic, olives finely (or use food processor). Add salt, mustard and oil.
2. Place cooked wheat berries in bowl and add olive mixture. Toss gently. Sprinkle with chives.

| Nutrition Facts  |                                    |
|--|------------------------------------|
| Serving Size 2 Tablespoons   |                                    |
| Servings Per Container 8   |                                    |
| Amount Per Serving   |                                    |
| <b>Calories 200</b>  | Calories from Fat 90               |
| % Daily Value*   |                                    |
| <b>Total Fat</b> 10g   | 15%                                |
| Saturated Fat 1g   | 5%                                 |
| Trans Fat 0g   |                                    |
| <b>Cholesterol</b> 0mg   | 0%                                 |
| <b>Sodium</b> 220mg  | 9%                                 |
| <b>Total Carbohydrate</b> 26g  | 9%                                 |
| Dietary Fiber 5g   | 20%                                |
| Sugars 0g  |                                    |
| <b>Protein</b> 5g  |                                    |
| Vitamin A 2%   | • Vitamin C 0%                     |
| Calcium 4%   | • Iron 10%                         |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                                    |
|  | Calories    2,000    2,500         |
| Total Fat  | Less Than 65g    80g               |
| Saturated Fat  | Less Than 20g    25g               |
| Cholesterol  | Less Than 300mg    300 mg          |
| Sodium   | Less Than 2,400mg    2,400mg       |
| Total Carbohydrate   | 300g    375g                       |
| Dietary Fiber  | 25g    30g                         |
| Calories per gram:   |                                    |
|  | Fat 9 • Carbohydrate 4 • Protein 4 |



## Recipe Resources

Adapted from *Green on Greens and Grains* by Bert Green

[www.bobsredmill.com](http://www.bobsredmill.com)

[www.epicurious.com](http://www.epicurious.com)

[www.grouprecipes.com](http://www.grouprecipes.com)

[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

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