



Why Not Enjoy More Whole Grains?

There's a wonderful world of whole grains out there, just awaiting discovery. You may already enjoy oatmeal and brown rice, but why stick to just a few whole grains, when there are so many others to try? Each grain has its own texture and taste, whether you enjoy it as a breakfast porridge, a grain salad at lunch, or a side dish at dinner. Not sure? We'll make it easy.

I don't have time to cook whole grains

Try a quick-cooking whole grain. Quinoa, buckwheat, teff, and bulgur cook in 30 minutes or less, and there are quick-cooking versions of many other grains, like brown rice. (See the cooking chart on the next page.)

If you want to cook grains more quickly, let them sit in the allotted amount of water for a few hours before cooking. Just before dinner, add extra water if necessary, then cook. You'll find that cooking time is much shorter with a little pre-soaking.

Another shortcut is to cook whole grains in big batches. Grains keep 3-4 days in your fridge and take just minutes to warm up with a little added water or broth. You can also use the leftovers for cold grain salads (just toss with chopped veggies, dressing, and anything else that suits your fancy), or toss a few handfuls into some canned soup. Cook once, then take it easy.

I don't know how to cook whole grains

Cooking most grains is very similar to cooking rice. You put the dry grain in a pan with water or broth, bring it to a boil, then simmer until the liquid is absorbed. Pasta is generally cooked in a larger amount of water; the excess is drained away after cooking. Don't be intimidated!

Grains can vary in cooking time depending on the age of the grain, the variety, and the pans you're using to cook. When you decide they're tender and tasty, they're done. If the grain is not as tender as you like when "time is up," simply add more water and continue cooking. Or, if everything seems fine before the liquid is all absorbed, simply drain the excess.

My doctor recommends a gluten-free diet

You're in luck. Gluten-free doesn't mean grain-free. Most grains are gluten-free, including commonly-available grains like corn, rice, quinoa and wild rice. Oats are also naturally gluten-free, but can be contaminated during growing or processing, so look for oats tested to be gluten-free. Amaranth, buckwheat, millet, sorghum and teff are also gluten-free.

I can't find whole grains in my store

In most supermarkets, you'll find whole grains near the rice, or if your store has a bulk bin section, with the bulk foods. These days, most stores sell brown rice, wild rice, quinoa, and bulgur, and some also sell other whole grains.

