



## Cook and 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 our 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.



### *I'm following 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 bins section, with the bulk foods. These days, most stores sell brown rice, wild rice, quinoa, and bulgur, and some also sell other whole grains.



## Cooking Whole Grains

To 1 cup of this grain	Add this much water or broth	Bring to a boil, then simmer for	Amount after cooking
Amaranth	6 cups	15-20 minutes	2 1/2 cups
Barley, hulled	3 cups	45-60 minutes	3 1/2 cups
Buckwheat	2 cups	20 minutes	4 cups
Bulgur	2 cups	10-12 minutes	3 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2 1/2 cups
Farro	2 1/2 cups	25-40 minutes	3 cups
Kamut® grain	4 cups	soak overnight then cook 45-60 minutes	3 cups
Millet, hulled	2 1/2 cups	25-35 minutes	4 cups
Oats, steel cut	4 cups	30 minutes	3 cups
Pasta, whole wheat	6 cups	8-12 minutes (varies by size)	varies
Quinoa	2 cups	12-15 minutes	3 cups
Rice, brown	2 1/2 cups	25-45 minutes (varies)	3 cups
Rye	4 cups	soak overnight then cook 45-60 minutes	3 cups
Sorghum	4 cups	25-40 minutes	3 cups
Spelt berries	4 cups	soak overnight then cook 45-60 minutes	3 cups
Teff	3 cups	20 minutes	2 1/2 cups
Wheat berries	4 cups	soak overnight then cook 45-60 minutes	2 1/2 cups
Wild rice	3 cups	45-55 minutes	3 1/2 cups