



WHOLE GRAINS - QUICK AND TASTY

If you've always thought of whole grains as slow-cooking, you're in for a surprise: today's whole grains can be on the table in no time. Here are five ways to enjoy the good taste and health benefits of whole grains on busy weeknights:

- **Instant grains.** Instant brown rice cooks in just 10 minutes on your stovetop. Add a package of chopped frozen vegetables and a little frozen shrimp, and dinner's on the table.
- **Microwave grain pouches.** Just stick the handy shelf-stable pouch in your microwave and these pre-cooked grains are ready in 90 seconds. Bonus: pouches come in various flavors, and with a mix of grains from brown, red and wild rice to quinoa.
- **Single-serve grain cups.** A great solution for workday lunches, or for times when everyone in the family is eating something different: single-serve brown rice cups, for instance, reheat in only 45 seconds.
- **Quicker-cooking grains.** Some whole grains just naturally cook faster. Quinoa and bulgur, for instance, can be on the table in around 15 minutes. Some varieties of red rice (remember, brown is not the only whole grain rice!) cook in about 20 minutes.
- **Cook ahead.** It's also useful to remember that grains you cook from scratch at home are easy to freeze for later use – another way to enjoy grains quickly. Spread cooked grains on a cookie sheet and freeze, then store in containers or plastic bags. It's easy to grab a handful of cooked grains to add to soup, or a few cups to rewarm as a side dish.



All of these are great, time-saving ways to enjoy whole grains – without short-cutting your family's health. What are you waiting for?