

lean chicken on 100% whole wheat bread

WHOLE GRAINS

FUN FOOD NEWS

Free Eat-to-Follow Recipes Inside!

For more healthy tips and free recipes, call 1-800-695-3335 or visit EatWellBeWell.org.



This material was federally funded by USDA's Supplemental Nutrition Assistance Program through the Arizona Nutrition Network. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-332-3407. This institution is an equal opportunity provider and employer. ADA# 1712.

TIPS AND TRICKS

HOW TO SPOT WHOLE GRAINS

- Read the nutrition facts label and look for food items that list a whole grain as the first ingredient.
- Buy foods like 100% whole wheat bread, brown rice and oatmeal.
- Look for items that are made with whole oats, whole grain and whole cornmeal.



Easy Peasy Pasta

Ingredients

- 1 pound whole wheat pasta
- 2 cups fresh peas (or 2 cups frozen peas, thawed)
- 1 cup part-skim ricotta cheese
- ¼ cup (loosely packed) chopped fresh parsley leaves
- ¼ cup grated Parmesan cheese
- 1 tablespoon grated lemon zest
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoons olive oil
- 2 cups grape tomatoes

Directions

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Heat large covered saucepot of water to boiling over high heat. Cook pasta according to package directions. When pasta has 2 minutes cooking time remaining, add peas.
3. While pasta is cooking, combine ricotta, parsley, Parmesan, lemon zest, salt and pepper in a medium bowl; set aside.
4. In a 12-inch skillet, heat oil over medium-high heat.
5. Add tomatoes and cook 6-8 minutes or until tomatoes burst and are heated through, shaking pan frequently.
6. Remove skillet from heat.
7. Remove ½ cup pasta cooking water; set aside. Drain pasta and peas.
8. Add pasta with peas and reserved cooking water to skillet with tomatoes; stir to combine.
9. Spoon into 6 bowls and top with ricotta mixture. Serve immediately.

Recipe is courtesy of Produce for Better Health Foundation (PBH).

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Makes about 6 servings.

Nutrition Facts

per serving	calories	420
	carbohydrates	48 g
	protein	19 g
	total fat	8 g
	saturated fat	3 g
	trans fat	0 g
	cholesterol	16 mg
	dietary fiber	10 g
	total sugars	7 g
	sodium	315 mg
	calcium	198 mg
	folate	49 mcg
	iron	3 mg
	calories from fat	17%



Fresh Tomato and Pita Chip Salad

Ingredients: Dressing

- 4 tablespoons chopped fresh parsley
- 2 tablespoons grated lemon rind
- 4 teaspoons chopped fresh mint
- 1 cup thinly sliced green onions
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon salt

Ingredients: Salad

- 1 pound romaine lettuce, shredded (about 6 cups)
- 2-3 medium fresh tomatoes, cubed (about 3 cups)
- 1 cucumber, peeled, quartered lengthwise and sliced thin
- 2 whole wheat pitas (6 ½ inches in diameter)

Directions

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Combine all dressing ingredients in a small bowl. Mix well and let stand for at least an hour.
3. Meanwhile, combine lettuce, tomatoes, and cucumber in a large bowl; set aside to chill in refrigerator.
4. Heat oven to 400° F.
5. Arrange pitas in a single layer on baking sheets. Bake for 6 minutes or until toasted.
6. Break into bite sized pieces and set aside.
7. Add pita chips to salad mixture and toss with dressing. Serve immediately.

Recipe courtesy of Produce for Better Health Foundation (PBH) and by Chef Mark Goodwin CEC, CNC.

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Makes about 4 servings.

Nutrition Facts

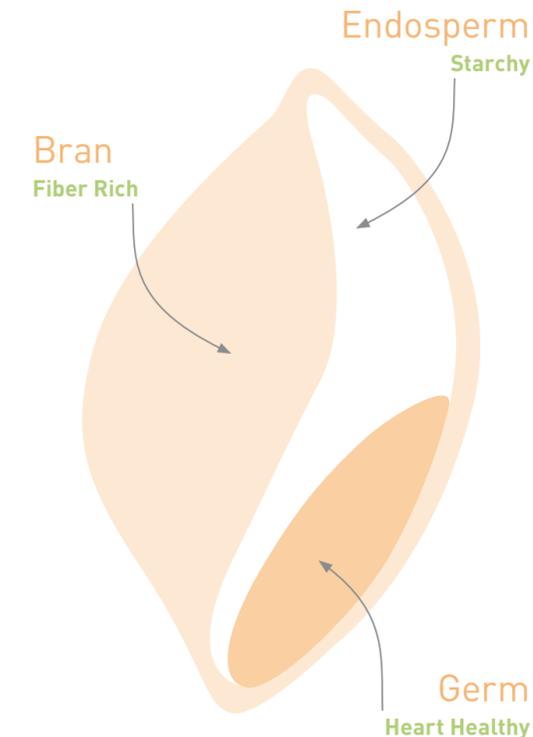
per serving	calories	180
	carbohydrates	31 g
	protein	7 g
	total fat	5 g
	saturated fat	1 g
	trans fat	0 g
	cholesterol	0 mg
	dietary fiber	7.5 g
	total sugars	8 g
	sodium	327 mg
	calcium	82 mg
	folate	192 mg
	iron	3.5 mg
	calories from fat	25%



Whole Grain Goodness

Do you know what a whole grain is? Whole grains are an important part of your family's health. With so many whole grain food options and great recipes, offering whole grains to your family is easy and delicious!

A whole grain means the entire grain, not just a part of it. A whole grain has three parts; the fiber rich bran, the starchy endosperm and the heart healthy germ. Whole grains keep all three parts, even after they are turned into flour, cereals, breads and more. They give you lots of energy, too!



Make Half Your Grains Whole

Here are some simple ways to add more whole grains into your daily meals and snacks:

- Buy whole grain breads and whole wheat or soft corn tortillas.
- Buy oatmeal or whole grain cereals made with whole oats or whole wheat.
- Make healthy hamburgers by adding 1 cup of oatmeal and an egg to 2 pounds of ground turkey.
- Use oatmeal, whole grain cracker crumbs or whole grain breadcrumbs when making meatballs or meatloaf.
- Snack on popcorn.
- Try brown rice in your stuffed peppers.
- Whole grain pasta tastes great with tomato sauce – use it in spaghetti and lasagna!
- Break whole grain pasta into tiny pieces and add it to your favorite soup.

Eating Well on a Limited Budget

- Prepare hot whole-grain cereal such as oatmeal for breakfast.
- Make your own pancakes, muffins and cookies substituting whole-wheat flour for up to half of the flour in the recipe.
- Buy whole grains in the bulk section. Store them in an airtight container in a cool and dark space.
- Check secondhand bookstores for recipe books that feature whole grain foods.