



# whole. grains

FUN FOOD NEWS  
Free Recipes Inside!

Find your winning  
Whole Grains recipe at  
[EatWellBeWell.org](http://EatWellBeWell.org).



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## EAT MORE GRAINS TODAY

Half of the grains you eat every day should be whole. There are lots of ways to eat whole grains every day!

- Choose 100% whole wheat breads, tortillas and bagels
- Add barley or brown rice to soups and casseroles
- Use half whole wheat flour in your baked goods
- Pick whole wheat cereals or oatmeal
- Use whole corn meal for corn cakes, breads and muffins
- Mix  $\frac{3}{4}$  cup uncooked oats in your meatloaf, meatballs or burgers
- Select whole wheat pasta

## More Veggies Breakfast

### Ingredients

- |   |                                    |
|---|------------------------------------|
| 4 whole wheat bread slices                | 1 cup fat free sour cream          |
| $\frac{1}{2}$ cup shredded low fat cheese | 2 Tablespoons chopped green onions |
| 3 cups frozen mixed vegetables, thawed    | $\frac{1}{4}$ teaspoon salt        |
| 4 eggs, lightly beaten                    | $\frac{1}{4}$ teaspoon pepper      |
|   | Cooking spray                      |

### Directions

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Preheat the oven to 325°F. Spray muffin tins with cooking spray. Cut 12 small rounds from the bread slices (3 per slice). Place one round in each prepared muffin tin.
3. Sprinkle a small amount of cheese on top of each round of bread. Divide mixed vegetables evenly among the muffins.
4. Beat the eggs, sour cream and green onions together in a medium bowl. Add the salt and pepper.
5. Spoon evenly over each muffin.
6. Bake at 325°F for 25 minutes, or until well-risen and golden.
7. Serve warm.

For more free recipes, visit [EatWellBeWell.org](http://EatWellBeWell.org) or call 1-800-695-3335.



Makes 6 servings,  
2 muffin rounds each

### Nutrition Facts

per serving	
calories	202
carbohydrates	25 gm
protein	13 gm
total fat	5 gm
saturated fat	2 gm
trans fat	0 gm
cholesterol	147 mg
fiber	4 gm
sodium	337 mg
calcium	232 mg
folate	43 mcg
iron	2 mg
total sugars	5 gm
calories from fat	22 %



## Lentils and Rice

### Ingredients

- |  |   |
|--|---|
| 4 cups low-sodium chicken or vegetable broth | 2 large onions, peeled and sliced         |
| 1 cup lentils, dry                           | $\frac{1}{2}$ cup whole grain brown rice  |
| 1 Tablespoon vegetable oil                   | $\frac{1}{4}$ teaspoon salt               |
|  | $\frac{1}{4}$ teaspoon pepper             |
|  | 2 Tablespoons chopped cilantro (optional) |

### Directions

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Heat the broth in a saucepan. Add the lentils and simmer 20 minutes.
3. While the lentils are cooking, heat the oil in a large high sided skillet on medium high.
4. Cook onions in the skillet until golden brown. Take half the onions out of the pan and set aside.
5. Add the remaining onions, rice, salt, and pepper to the simmering lentils.
6. Cover and bring to a boil.
7. Reduce the heat and cook very slowly about 20 minutes or until the lentils and rice are tender.
8. Serve in a bowl. Top with the reserved onions and chopped cilantro.

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Makes 4 servings,  
approximately 1 cup each

### Nutrition Facts

per serving	
calories	331
carbohydrates	56 gm
protein	16 gm
total fat	5 gm
saturated fat	0.5 gm
trans fat	0 gm
cholesterol	0 mg
fiber	10 gm
sodium	295 mg
calcium	63 mg
folate	19 mcg
iron	4 mg
total sugars	6 gm
calories from fat	13 %



## Peach Crumble

### Ingredients

- |   |                                      |
|---|--------------------------------------|
| Nonstick cooking spray                              | 1 teaspoon vanilla                   |
| 4, 15-ounce cans juice packed peach slices, drained | 1 $\frac{1}{4}$ teaspoons cinnamon   |
| 2 Tablespoons cornstarch                            | $\frac{2}{3}$ cup old fashioned oats |
|   | $\frac{1}{4}$ cup brown sugar        |
|   | $\frac{1}{3}$ cup flour              |
|   | 2 $\frac{1}{2}$ Tablespoons butter   |

### Directions

1. Wash hands with warm water and soap. Preheat oven to 400°F.
2. Spray a 9-inch deep dish pie pan with nonstick cooking spray and pour peaches in the pan.
3. Stir cornstarch, vanilla, and 1 teaspoon cinnamon in a small bowl; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned.
6. Serve hot.

Recipe from Every Day Healthy Meals Network for a Healthy California

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Makes 12 servings,  
1/2 cup each

### Nutrition Facts

per serving	
calories	136
carbohydrates	28 gm
protein	2 gm
total fat	3 gm
saturated fat	1 gm
trans fat	0 gm
cholesterol	6 mg
fiber	3 gm
sodium	23 mg
calcium	15 mg
folate	11 mcg
iron	1 mg
total sugars	19 gm
calories from fat	20 %

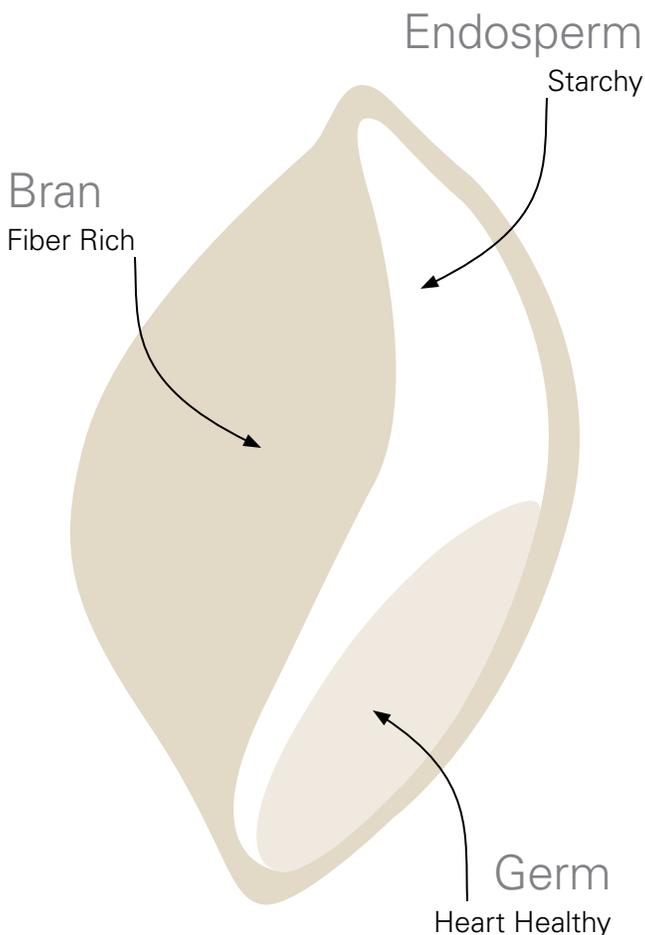


# Make Half Your Grains Whole

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!

## WHOLE GRAIN GOODNESS



# The Truth about Whole Grains

Do you know what to check for on a label so you know it really is a whole grain? Read the ingredients lists to make sure the first word listed is "whole" or look for "100% whole grain" on the label so you know it really is a whole grain. Sometimes reading labels can be tricky. Below are some "true or false" sentences to test your awareness.

1. All brown bread is 100% whole grain.  
 TRUE  FALSE
2. If the label says "100% wheat," it means that wheat is the only grain in the product.  
 TRUE  FALSE
3. "Multigrain" means that a food is whole grain.  
 TRUE  FALSE
4. If the label says "made with whole grains" that means the food is 100% whole grain.  
 TRUE  FALSE
5. The easiest way to find whole grain foods is to look for "100% whole grain" on the front label.  
 TRUE  FALSE

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1. FALSE: Many brown breads have color added to make them look like whole wheat.
  2. TRUE: "100% wheat" means the only grain is wheat, but it may not be whole wheat.
  3. FALSE: "Multigrain" means it contains more than one kind of grain but they may not be whole grains.
  4. FALSE: "Made with whole grains" means the food has some of the grains as a whole grain.
  5. TRUE: Look for "100% whole grain" to select true whole grain foods.

Were you right?