



Grains Cooking Chart

GRAIN 1 cup	LIQUID (salted water, stock, vegetable or fruit juices)	SIMMER TIME (covered, after bringing to a boil and reducing heat to low)
Amaranth (gf)	3 cups	20 - 25 min
Barley	2.5 cups	50 - 60 min
Brown rice (long grain) (gf)	2 cups	45 - 50 min
Buckwheat groats (gf)	2 cups	10 - 15 min
Bulgur (cracked wheat)	2 cups	10 - 15 min
Cornmeal (polenta) (gf)	4 cups	25 - 30 min
Farro	2.5 cups	30 - 45 min
Millet (gf)	2 cups	20 - 25 min
Oats, steel cut	3 cups	30-35 min
Quinoa (gf)	1.5 cups	10 - 15 min
Sorghum (gf)	2.5 cups	50 - 60 min
Spelt berries (unsoaked)	3 cups	65 - 80 min
Wheat berries	3 cups	60 - 70 min
Wild rice	2.5 cups	45 - 55 min



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Recipes

ONION, FETA & BELL PEPPER FARRO SALAD

Yield: Serves 4

Ingredients

- 1 package precooked farro (such as Archer Farms)
- 1½ tablespoons sherry vinegar
- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 1 tablespoon olive oil
- ½ cup diced red onion
- ½ cup diced orange bell pepper
- ¼ cup crumbled feta cheese

Preparation

1. Heat farro according to directions.
2. Combine vinegar and next four ingredients (through garlic) in a medium bowl; stir with a whisk.
3. Heat 1 tablespoon olive oil in a medium skillet over medium-high heat. Add onion and bell pepper to pan; sauté 2 minutes.
4. Add cooked farro, onion, and bell pepper to vinaigrette; toss to coat. Fold in feta cheese.



*Kate Parham, Cooking Light
June 2012*

**QUINOA & ROASTED PEPPER CHILI**

Yield: Serves 4

Ingredients

- 2 red bell peppers
- 2 poblano chiles
- 4 teaspoons olive oil
- 3 cups chopped zucchini
- 1½ cups chopped onion
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon Spanish smoked paprika
- ½ cup water
- ⅓ cup uncooked quinoa, rinsed
- ¼ teaspoon kosher salt
- 14½-ounce can fire-roasted diced tomatoes with chipotles, undrained
- 15-ounce can no-salt-added pinto beans, rinsed and drained
- 1 cup low-sodium vegetable juice

Preparation

1. Preheat broiler.
2. Cut bell peppers and chiles in half lengthwise; discard seeds and membranes. Place halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil 10 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand 10 minutes. Peel and coarsely chop.
3. Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add zucchini, onion, and garlic; sauté 4 minutes. Stir in chili powder, cumin, and paprika; sauté for 30 seconds. Add roasted peppers and chiles, ½ cup water, and remaining ingredients; bring to a boil. Reduce heat to medium-low; cover and simmer for 20 minutes or until quinoa is tender.



David Bonom, *Cooking Light*
December 2011



Recipes

WHEATBERRY SALAD WITH GOAT CHEESE

Yield: 6 servings

Ingredients

- 1 cup uncooked wheatberries (hard winter wheat)
- $\frac{3}{4}$ teaspoon salt, divided
- 3 tablespoons shelled pistachios
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 teaspoons honey
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{2}$ teaspoon grated peeled fresh ginger
- $\frac{1}{2}$ cup golden raisins
- $\frac{1}{4}$ cup thinly sliced green onions
- 2 tablespoons chopped fresh cilantro
- $\frac{1}{2}$ cup (2 ounces/60 grams) crumbled goat cheese

Preparation

1. Preheat oven to 350 F.
2. Place wheatberries and $\frac{1}{2}$ teaspoon salt in a medium saucepan. Cover with water to 2 inches above wheatberries, and bring to a boil. Cover, reduce heat to medium-low, and simmer for 1 hour or until tender. Drain.
3. Place pistachios on a baking sheet. Bake at 350 F for 8 minutes, stirring once. Cool slightly, and chop.
4. Combine oil, juice, honey, coriander, ginger, and remaining $\frac{1}{4}$ teaspoon salt in a large bowl, stirring with a whisk. Add hot wheatberries and raisins; stir well to combine. Let stand for 20 minutes or until cooled to room temperature.
5. Add nuts, green onions, and cilantro to wheatberry mixture. Transfer to a serving bowl, and sprinkle with goat cheese.

*Jackie Mills, MS, RD, Cooking Light
April 2010*



Recipes

**BAKED BARLEY WITH SHIITAKE MUSHROOMS
& CARAMELIZED ONIONS**

Yield: 6 servings

Ingredients

- 2 tablespoons butter
- 4½ cups chopped onion (about 3 medium)
- 1 teaspoon sugar
- 3 cups sliced button mushrooms
- 3 cups sliced shiitake mushroom caps
- 1½ cups uncooked pearl barley
- 1 tablespoon low-sodium soy sauce
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ⅛ teaspoon dried thyme
- 4 cups vegetable broth
- Fresh thyme sprigs (optional)

Preparation

1. Melt butter in a Dutch oven over medium heat. Add onion and sugar; cover and cook 25 minutes or until golden brown, stirring frequently. Add mushrooms; cook 10 minutes or until browned, stirring frequently. Add barley; cook 2 minutes, stirring frequently. Remove from heat. Stir in soy sauce, salt, pepper, and thyme.
2. Preheat oven to 350 F.
3. Bring broth to a boil in a medium saucepan. Pour broth over barley mixture; cover and bake at 350 F for 1 hour or until barley is tender. Let stand 10 minutes. Garnish with thyme sprigs, if desired.



*Jeanne Lemlin, Cooking Light
March 2003*



Recipes

KASHA WITH LEEKS & TOASTED PECANS

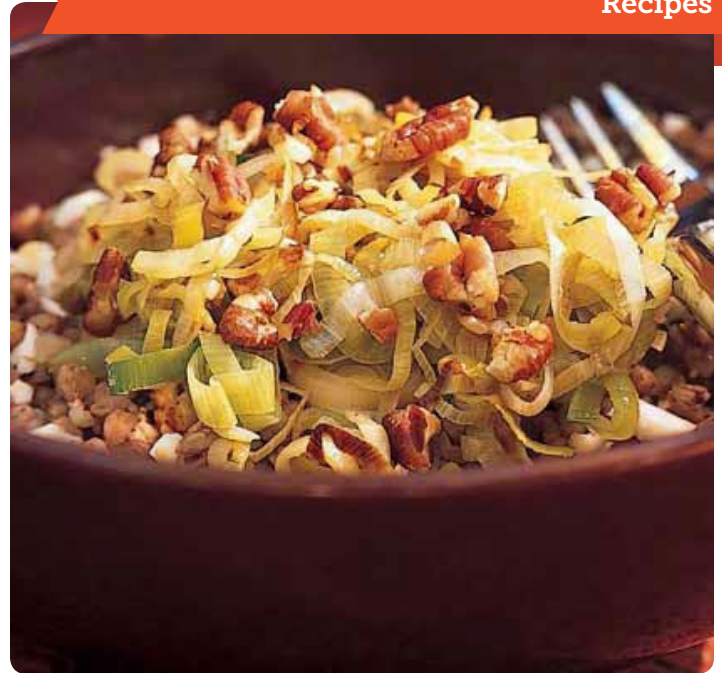
Yield: 4 servings

Ingredients

- 1 cup uncooked medium-grain kasha (buckwheat groats)
- 2 large egg whites
- ¼ cup water
- ¼ teaspoon salt
- 14½-ounce can vegetable broth
- 4 hard-cooked large eggs
- 1 tablespoon olive oil, divided
- 4 cups thinly sliced leek, separated into rings (about 3 leeks)
- 2 tablespoons water
- 1 teaspoon sugar
- ¼ cup chopped pecans, toasted

Preparation

1. Place kasha in a medium saucepan; cook over medium-low heat 3 minutes, stirring often. Gradually add uncooked egg whites, stirring to coat. Add ¼ cup water, salt, and broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Remove from heat. Cut cooked eggs in half; remove yolks, and reserve for another use. Finely chop cooked egg whites. Add cooked egg whites and 1½ teaspoons oil to kasha mixture; stir well.
2. Heat 1½ teaspoons oil in a medium nonstick skillet over medium-high heat. Add leek; sauté 5 minutes. Add 2 tablespoons water and sugar; cover, reduce heat, and cook 2 minutes. Spoon 1 cup kasha into each of four bowls. Top each serving with ¼ of the leek mixture and 1 tablespoon chopped pecans.



*Bharti Kirchner, Cooking Light
January 2001*

**WILD RICE STUFFING WITH DRIED CHERRIES
& TOASTED PECANS**

Yield: Serves 12

Ingredients

- ¼ cup butter, divided
- 2 cups thinly sliced leek (about 1 large)
- 1 tablespoon chopped fresh thyme
- 1 teaspoon kosher salt, divided
- 3 cups water
- 2 cups fat-free, lower-sodium chicken broth
- 1 cup uncooked wild rice
- 2 cups uncooked long-grain brown rice
- ½ cup finely chopped peeled turnip
- ⅓ cup finely chopped celery
- ⅓ cup finely chopped carrot
- ⅓ cup chopped pecans, toasted
- ½ cup chopped dried sweet cherries
- 2 green onions, thinly sliced

Preparation

1. Heat 2 tablespoons butter in a large saucepan over medium heat; swirl to coat. Add leek, thyme, and ½ teaspoon salt; sauté 8 minutes, stirring occasionally. Add 3 cups water, chicken broth, and wild rice; cover. Increase heat to high; bring to a boil. Reduce heat, and simmer 30 minutes. Stir in brown rice; cover and simmer 30 minutes. Remove from heat.
2. Preheat oven to 400 F.
3. Heat remaining 2 tablespoons butter over high heat in a large skillet; swirl to coat. Add turnip, celery, carrot, and remaining ½ teaspoon salt; sauté 1 minute. Reduce heat to medium; cook 4 minutes, stirring occasionally. Remove from heat.
4. Combine rice mixture, turnip mixture, pecans, cherries, and onions in a large bowl. Spoon stuffing into a 13 x 9-inch glass or ceramic baking dish. Cover with foil; bake at 400 F for 20 minutes or until liquid is absorbed. Let stand 5 minutes before serving.



*Robin Bashinsky, Cooking Light
November 2011*



Recipes

BREAKFAST QUINOA

Yield: Serves 4

Ingredients

- ½ cup uncooked quinoa
- ¾ cup light coconut milk
- 2 tablespoons water
- 1 tablespoon light brown sugar
- ⅛ teaspoon salt
- ¼ cup flaked unsweetened coconut
- 1 cup sliced strawberries
- 1 cup sliced banana

Preparation

1. Preheat oven to 400 F.
2. Place quinoa in a fine sieve, and place the sieve in a large bowl. Cover quinoa with water. Using your hands, rub the grains together for 30 seconds; rinse and drain quinoa. Repeat the procedure twice. Drain well. Combine quinoa, coconut milk, 2 tablespoons water, brown sugar, and salt in a medium saucepan, and bring to a boil. Reduce heat, and simmer 15 minutes or until liquid is absorbed, stirring occasionally. Stir mixture constantly during the last 2 minutes of cooking.
3. While quinoa cooks, spread flaked coconut in a single layer on a baking sheet. Bake at 400 F for 5 minutes or until golden brown. Cool slightly.
4. Place about ¼ of the quinoa mixture in each of four bowls. Top each serving with ¼ of the strawberry slices, ¼ of the banana slices, and 1 tablespoon toasted coconut. Serve warm.



*Christine Burns Rudalevige, Cooking Light
June 2013*



Recipes

FRUITED BREAKFAST BARLEY

Yield: 6 servings

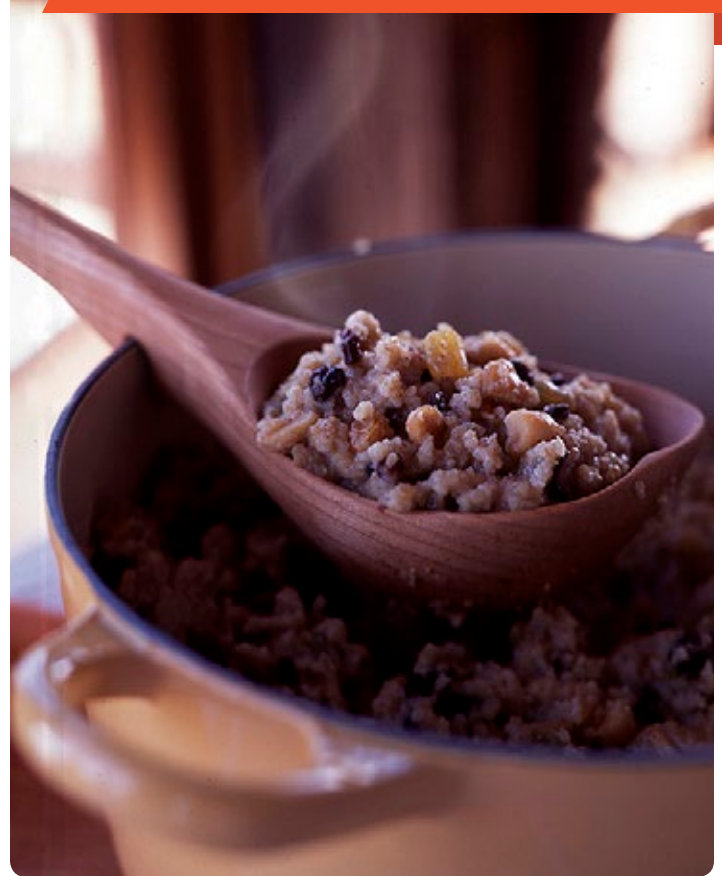
Ingredients

- 1¼ cups uncooked pearl barley
- 5 cups water
- ⅓ cup packed brown sugar
- 1 teaspoon salt
- 1 cup 1-percent low-fat milk
- ½ cup raisins
- ½ cup dried apricots, quartered
- ½ cup slivered almonds, toasted and coarsely chopped

Preparation

1. Place ⅓ cup barley in a blender; process until coarsely ground (about 15 to 20 seconds). Place ground barley in a large saucepan. Repeat procedure with remaining barley. Cook barley over medium heat 4 minutes or until toasted, stirring frequently.
2. Add water, sugar, and salt; bring to a boil. Reduce heat; simmer 25 minutes or until barley is soft, stirring frequently. Add milk; cook 5 minutes or until thick, stirring constantly. Stir in raisins, apricots, and almonds. Serve immediately.

*Lora Brody, Cooking Light
January 2003*





Recipes

GREEK YOGURT PARFAITS

Yield: 8 servings

Ingredients

- 1 cup uncooked grano or wheatberries
- 12 cups water, divided
- ¼ cup orange blossom honey
- ¼ teaspoon kosher salt
- 4 cups plain 2-percent Greek-style yogurt
- 2 cups fresh berries (such as blackberries, blueberries, or sliced strawberries)

Preparation

1. Soak grano in 6 cups water overnight. Drain. Place in a medium saucepan with remaining 6 cups water over medium-high heat; bring to a boil. Reduce heat, and simmer 20 minutes or until grano is just tender. Drain well. Stir in honey and salt. Cool to room temperature.
2. Spoon ¼ cup yogurt into eight parfait glasses. Top yogurt with 3 tablespoons grano and 2 tablespoons berries. Repeat layers with the remaining ingredients.

*Victoria Abbott Riccardi, Cooking Light
July 2010*





Recipes

HEARTY OATS & GRAINS

Yield: Serves 8

Ingredients

- Cooking spray
- 3 cups water
- 2 cups apple cider
- 1 cup steel-cut oats
- 1 cup 7-grain blend (such as Laurel Hill or Bob's Red Mill)
- 1½ teaspoons ground cinnamon
- ½ teaspoon salt
- 1 cup 2-percent reduced-fat milk, warmed
- ⅛ cup maple syrup
- 1½ cups sliced apple
- ½ cup chopped toasted walnuts

Preparation

1. Coat the inside of a 6-quart electric slow cooker with cooking spray. Place 3 cups water and next five ingredients (through salt) in cooker, stirring well. Cover and cook on low for 3 hours.
2. Divide the oat mixture equally among eight bowls; top each with 2 tablespoons milk, 2 teaspoons syrup, 3 tablespoons apple, and 1 tablespoon nuts.



*Deb Wise, Cooking Light
December 2013*



Recipes

FARRO RISOTTO WITH MUSHROOMS

Yield: 6 servings

Ingredients

- 1 cup dried wild mushroom blend (about 1 ounce)
- 5½ cups mushroom stock
- 2 tablespoons extra-virgin olive oil
- 1½ cups uncooked farro
- ½ cup finely chopped onion
- 2 garlic cloves, minced
- 6 cups sliced cremini mushrooms
- ¾ teaspoon salt, divided
- ½ cup dry white wine
- 1 teaspoon chopped fresh thyme
- ¼ cup grated fresh Parmigiano-Reggiano cheese
- ¼ cup chopped fresh flat-leaf parsley
- ½ teaspoon freshly ground black pepper

Preparation

1. Place dried mushrooms in a medium bowl; cover with boiling water. Let stand 30 minutes or until tender; drain. Coarsely chop mushrooms.
2. Bring mushroom stock to a simmer in a small saucepan (do not boil). Keep stock warm over low heat.
3. Heat a Dutch oven over medium heat. Add oil to pan; swirl to coat. Add farro and onion; cook 5 minutes, stirring occasionally. Add garlic; cook 1 minute, stirring constantly. Add rehydrated mushrooms, cremini mushrooms, and ½ teaspoon salt; sauté 5 minutes or until cremini mushrooms are tender, stirring occasionally. Add wine and thyme; cook until liquid almost evaporates.
4. Add ½ cup stock to farro mixture; cook over medium heat 4 minutes or until the liquid is nearly absorbed, stirring occasionally. Add 4½ cups stock, ½ cup at a time, stirring occasionally until each portion of stock is absorbed before adding the next (about 40 minutes total).
5. Add remaining ¼ teaspoon salt, ½ cup stock, cheese, parsley, and pepper; stir until cheese melts.

*Martha Rose Shulman, Cooking Light
November 2009*



Recipes

BARLEY RISOTTO WITH EGGPLANT & TOMATOES

Yield: 4 servings

Ingredients

- 6 cups (½-inch) diced eggplant
- 1 pint cherry tomatoes
- 3 tablespoons olive oil, divided
- ½ teaspoon black pepper, divided
- 5 cups fat-free, less-sodium chicken broth
- 2 cups water
- 1½ cups finely chopped onion
- 1 cup uncooked pearl barley
- 2 teaspoons minced garlic
- ½ cup dry white wine
- ¼ teaspoon salt
- ½ cup crumbled soft goat cheese
- ¼ cup thinly sliced fresh basil leaves
- ¼ cup pine nuts, toasted

Preparation

1. Preheat oven to 400 F.
2. Combine eggplant, tomatoes, 2 tablespoons oil, and ¼ teaspoon pepper in a bowl; toss to coat. Arrange mixture in a single layer on a jelly-roll pan. Bake at 400 F for 20 minutes or until tomatoes begin to collapse and eggplant is tender.

3. Combine broth and 2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.
4. Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onion to pan; sauté 4 minutes or until onion begins to brown. Stir in barley and garlic; cook 1 minute. Add wine; cook 1 minute or until liquid almost evaporates, stirring constantly. Add 1 cup broth mixture to pan; bring to a boil, stirring frequently. Cook 5 minutes or until liquid is nearly absorbed, stirring constantly. Add remaining broth mixture, 1 cup at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next (about 40 minutes total). Gently stir in eggplant mixture, remaining ¼ teaspoon pepper, and salt. Top with cheese, basil, and nuts.

*Ivy Manning, Cooking Light
September 2009*



Recipes

LEMON-MINT BULGUR RISOTTO WITH GARLIC SHRIMP

Yield: 4 servings

Ingredients

- 3 cups water
- 1 teaspoon salt, divided
- 2 tablespoons olive oil, divided
- $\frac{3}{4}$ cup finely chopped green onions
- 1 cup uncooked bulgur
- 4 cups torn spinach
- $\frac{1}{3}$ cup chopped fresh mint
- 1 tablespoon grated lemon rind
- 2 tablespoons fresh lemon juice
- 4 garlic cloves, minced
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1 pound medium shrimp, peeled and deveined
- Lemon wedges (optional)

Preparation

1. Combine water and $\frac{3}{4}$ teaspoon salt in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.

2. Heat 1 tablespoon oil in a medium sauté pan over medium heat. Add green onions; cook 1 minute, stirring constantly. Add bulgur; cook 2 minutes, stirring constantly. Add warm salted water, $\frac{1}{2}$ cup at a time, stirring frequently until each portion of warm salted water is absorbed before adding the next (about 20 minutes total). Remove from heat. Add spinach, mint, rind, and juice; stir until spinach wilts. Keep warm.
3. Heat 1 tablespoon oil in a medium nonstick skillet over medium-high heat. Add garlic; sauté 30 seconds. Add $\frac{1}{4}$ teaspoon salt, pepper, and shrimp; sauté for 2 minutes or until shrimp are done. Divide risotto evenly among four small bowls or plates, and arrange shrimp evenly over risotto. Garnish with lemon wedges, if desired.

*Lorrie Hulston Corvin, Cooking Light
March 2005*



Recipes

QUINOA & ONION RISOTTO WITH CRÈME FRAÎCHE & HAZELNUTS

Yield: 6 servings

Ingredients

- 1½ cups uncooked quinoa
- 6 cups water
- 1 teaspoon salt
- 2 thyme sprigs
- 1 bay leaf
- 1 teaspoon butter
- 1½ cups finely chopped sweet onion such as Vidalia
- 2 tablespoons white wine vinegar
- 3 tablespoons crème fraîche
- 3 tablespoons chopped hazelnuts, toasted

Preparation

1. Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice. Drain well.

2. Combine 6 cups water, salt, thyme, and bay leaf in a large saucepan; bring to a simmer over medium heat. Cover and cook 5 minutes; discard thyme and bay leaf. Keep warm over low heat.
3. Melt butter in a medium sauté pan over medium heat. Add onion, and cook for 10 minutes, stirring frequently. Add quinoa; cook 2 minutes, stirring constantly. Add warm seasoned water, ½ cup at a time, stirring frequently until each portion of warm seasoned water is absorbed before adding the next (about 30 minutes total). Stir in vinegar. Divide risotto equally among six small bowls or plates; top each serving with 1½ teaspoons crème fraîche. Sprinkle each serving with 1½ teaspoons hazelnuts.

*Lorrie Hulston Corvin, Cooking Light
March 2005*



WHOLE GRAINS COUNCIL

For more information on whole grains, please visit the website of The Whole Grains Council:

wholegrainscouncil.org.

- [Cooking & Eating Whole Grains](#)

PHOTO CREDITS

Onion, Feta, and Bell Pepper Farro Salad - Johnny Autry, Cooking Light

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Greek Yogurt Parfait - Randy Mayor, Cooking Light

Farrotto (farro risotto) - Becky Luigart-Stayner, Cooking Light

Barley Risotto with Eggplant and Tomatoes - Randy Mayor, Cooking Light

Lemon-Mint Bulgur Risotto with Garlic Shrimp - Randy Mayor, Cooking Light

Quinoa and Onion Risotto with Crème fraîche and Hazelnuts - Randy Mayor, Cooking Light