

COOK

BOOK



Whole Grains



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Whole Grains

What is a whole grain, why are they important, and how can you incorporate them in your diet? Whole grains are called “whole” because during their processing, all the grain “parts” are still intact; the germ, endosperm, and bran. These three components have healthy nutrients in them like protein, healthy fats, and fiber which can lower risk of heart disease, stroke, and diabetes. When you see “refined,” “enriched” or “bleached” grains on a nutrition label, this means all of those healthy nutrients mentioned are lost its processing. Processed grains include but are not limited to white bread, foods made with white flour, and white rice. Examples of whole grains include oats, barley, brown rice, wild rice, corn, rye, wheat, spelt, quinoa, sorghum, and faro.

But wait...what’s the difference between whole grain, whole wheat, and multigrain? – from a nutritional point of view, there’s not a huge difference between whole wheat and whole grain. They are usually equally as healthy, regarding those whole grain benefits mentioned earlier, and definitely healthier than a refined grain. However, multigrain does not necessarily mean a product has whole grains in it. It just means there are “multiple grains” used in the processing. Its typically less nutritious than 100% whole grain products.

When thinking of what you’re going to eat for the day, try to make half of your grain’s whole grains. Use this infographic to remind yourself of the benefits of whole grains and why you should choose them throughout the day!

Benefits of whole grains:

Fiber helps your stomach feel fuller by slowing down digestion. It may also help with regular bowel movements, lowering cholesterol, and slowing down blood sugar spikes.

B-Vitamins pack a big punch as they help regulate metabolism, your nervous system, and help form red blood cells. Some B-vitamins include thiamin, riboflavin, niacin, and folate.

Prevent Disease. When you incorporate whole grains into your diet, you may help reduce your risk of heart disease, obesity, or high cholesterol.

Other Vitamins. Whole grains also contain iron, magnesium, and selenium. These vitamins all play vital roles in the functioning of different systems in your body, such as your immune system.



Below are some examples of whole grain foods that you can plan to have throughout the day for your breakfast, lunch, and dinner. According to the USDA, the recommended serving size for grains is about 3-8 ounces for adults. Keep in mind, an ounce is about the size of 1 slice of bread, 1 cup of cereal, ½ of brown rice, oatmeal, or pasta.

Breakfast:

- Oatmeal (try it with fresh fruit!)
- Whole grain cereal
- Whole wheat English muffin
- Whole wheat waffles
- Whole wheat pancakes
- ½ whole wheat bagel

Lunch

- Whole wheat sandwich or pita bread
- Whole wheat tortilla or quesadilla
- Whole wheat pasta or pasta salad
- Homemade whole wheat pizza
- Whole wheat crackers with soup or salad

Dinner

- Wild rice or brown rice (short or long grain)
- Whole wheat spaghetti noodles
- Whole wheat tortilla for tacos
- Whole wheat rolls
- Add quinoa, bulgur wheat, or barley to soup



RECIPE **1**

**Chicken
and
Wild Rice
Soup**

Prep time

15 MIN

Cook Time

45 MIN

Serves

4



Ingredients

2 celery stalks, diced ½ inch pieces
1 carrot, diced ½ inch pieces
1 small onion, diced
2 garlic cloves, minced
1 teaspoon thyme
2 Tablespoons oil
3 Tablespoons all-purpose flour
1 bag of Uncle Ben's 90 second Wild Rice
1 quart low-sodium chicken stock
1 Cup water
2 Cups bite-size pieces of roasted chicken
½ Cup low fat milk
1 teaspoons salt
1 teaspoons pepper

Directions

1. Heat oil medium-high in stock pot and sauté vegetables for 5 minutes or until translucent.
2. Turn down to medium, add flour and stir till golden brown. Add stock, water and chicken, and simmer for 15 minutes.
3. Add milk, salt and pepper, and simmer for additional 15 minutes.
4. Prepare wild rice according to instructions on bag.
5. Place wild rice in bowl and ladle soup on top.

RECIPE

2

Meatless Zucchini Lasagna with Wild Rice

Prep time

15 MIN

Cook Time

30 MIN

Serves

4



Ingredients

2 medium zucchinis
4 cups spinach
1 cup mushroom
2 cups cooked wild rice
1 cup shredded cheese
1 cup panko breadcrumbs
½ cup parmesan

Directions

1. Pre-heat oven to 350 degrees. Combine panko and parmesan in small bowl and set aside.
2. Using a mandolin or slicer, slice zucchini lengthwise ¼" thick to create "pasta sheets".
3. Sauté mushrooms in 1 tablespoon oil over medium heat. Sauté for 5 min or until soft.
4. Turn off heat and add spinach, tossing until spinach is wilted. Add in cooked rice and mix to combine.
5. Spray pan with non-stick and layer zucchini on bottom until covered.
6. Spoon ½ mixture into pan and spread evenly. Sprinkle ½ cup shredded cheese evenly and layer with zucchini until covered.
7. Spoon the rest of the mixture and repeat with shredded cheese.
8. Layer with last of zucchini and top with panko and parmesan mix.
9. Place in oven and cook 30 minutes or until panko is golden brown.

RECIPE

3

Whole Wheat Pancakes

Prep time

40 MIN

Cook Time

15 MIN

Serves

4



Ingredients

1 cup whole-wheat flour
1/4 cup millet flour
1/2 cup barley flour
2 tablespoons flaxseed flour
1/4 cup rolled oats
1 1/2 tablespoons baking powder
3 tablespoons honey
1 tablespoon oil
2 1/4 cups soy milk
3 large egg whites, beaten

Directions

1. In a large bowl, mix dry ingredients together.
2. In a separate bowl, mix wet ingredients — honey, oil, soy milk and beaten egg whites. Add egg mixture to dry ingredients. Stir until just combined. Let batter rest for 30 minutes in refrigerator.
3. Place a baking sheet in the oven and heat to 225 F. Place a frying pan on medium heat. Spoon or ladle about 1/4 cup of batter into pan to make one pancake. Cook until small bubbles form and the edges begin to look dry. Flip and cook until brown on the second side. Transfer pancake to baking sheet to keep warm. Repeat with remaining batter.
4. To serve, top pancakes with fresh fruit or a light dusting of powdered sugar.

RECIPE

4

**Quinoa
risotto with
Arugula
and
Parmesan**

Prep time

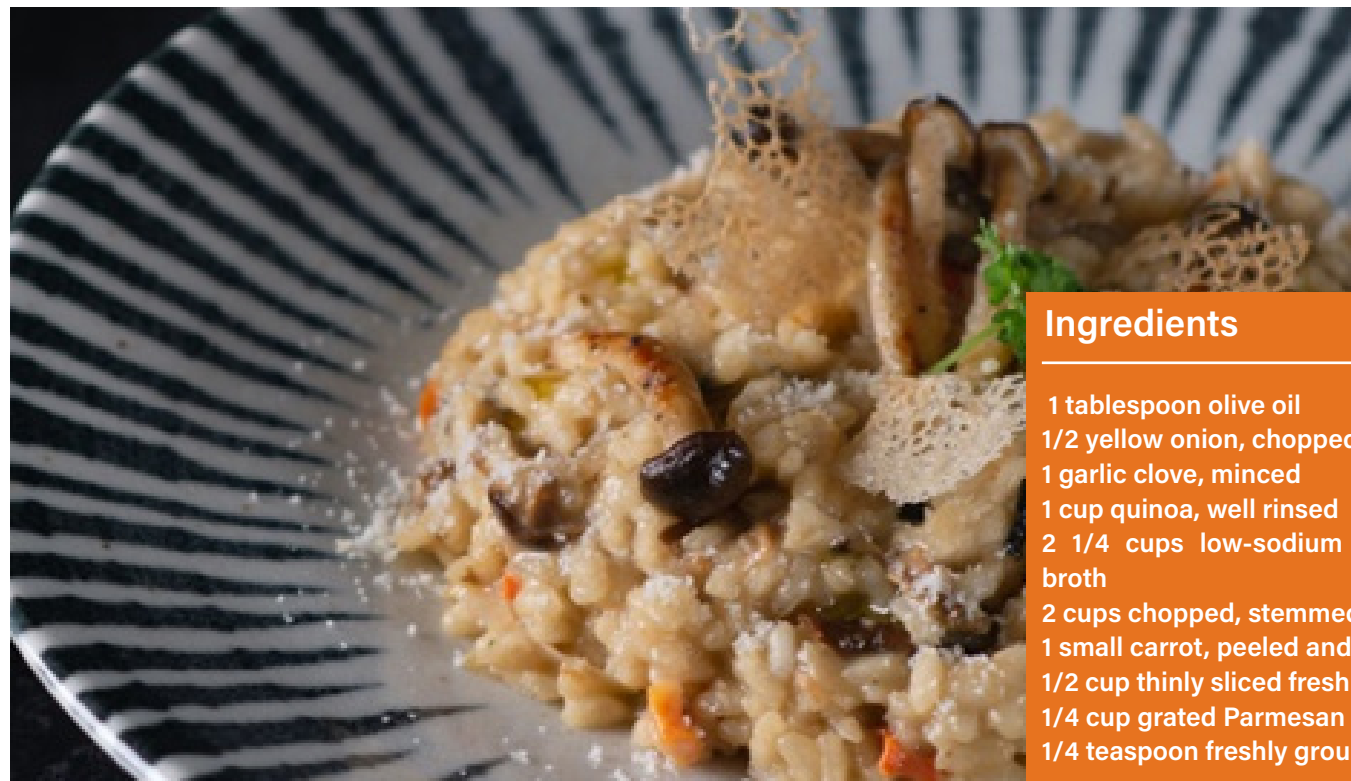
10 MIN

Cook Time

20 MIN

Serves

6



Ingredients

1 tablespoon olive oil
1/2 yellow onion, chopped (about 1/2 cup)
1 garlic clove, minced
1 cup quinoa, well rinsed
2 1/4 cups low-sodium vegetable stock or broth
2 cups chopped, stemmed arugula (rocket)
1 small carrot, peeled and finely shredded
1/2 cup thinly sliced fresh shiitake mushrooms
1/4 cup grated Parmesan cheese
1/4 teaspoon freshly ground black pepper

Directions

1. In a large saucepan, heat the olive oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the garlic and quinoa and cook for about 1 minute, stirring occasionally. Don't let the garlic brown.
2. Add the stock and bring to a boil. Reduce the heat to low and simmer until the quinoa is almost tender to the bite but slightly hard in the center, about 12 minutes. The mixture will be brothy. Stir in the arugula, carrot and mushrooms and simmer until the quinoa grains have turned from white to translucent, about 2 minutes longer.
3. Stir in the cheese and season with the salt and pepper. Serve immediately.

RECIPE

3

Whole Grain Banana Bread

Prep time

10 MIN

Cook Time

50-60 MIN

Serves

14



Ingredients

1/2 cup brown rice flour
1/2 cup amaranth flour
1/2 cup tapioca flour
1/2 cup millet flour
1/2 cup quinoa flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/8 teaspoon salt
3/4 cup egg substitute (or use egg whites)
2 tablespoons grapeseed oil
1/2 cup raw sugar
2 cups mashed banana

Directions

1. Blend bananas, ice cubes and nut milk until smooth. Separate into three bowls.
2. Blend strawberries with one bowl and dark chocolate hummus with another bowl.
3. Layer ice cream in jars and top with strawberries.
4. Melt coconut oil with cacao powder and drizzle on top of ice cream jars—it will harden immediately!

* Chocolate topping is optional. Its ingredients are included on the nutrition label.



Nutrition Labels

Chicken and Wild Rice Soup

Nutrition Facts	
Serving size: 1 cup (478 g) Servings Per Container: 2	
Amount per serving	
Calories: 368	Fat Calories: 108
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 2g	12%
Trans Fat 0g	
Cholesterol 61mg	20%
Sodium 850mg	35%
Calcium 137mg	14%
Potassium 718mg	21%
Phosphorus 256mg	26%
Total Carb 33g	11%
Dietary Fiber 3g	10%
Sugars 3g	
Protein 31g	63%
Vitamin A 56%	Vitamin C 7%
Calcium 14%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Contains: Milk, Wheat	

Meatless Zucchini Lasagna with Wild Rice

Nutrition Facts	
Serving size: 1 cup (282 g) Servings Per Container: 4	
Amount per serving	
Calories: 330	Fat Calories: 118
% Daily Value*	
Total Fat 13g	21%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 38mg	13%
Sodium 422mg	18%
Calcium 381mg	38%
Potassium 628mg	18%
Phosphorus 354mg	35%
Total Carb 34g	11%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 19g	38%
Vitamin A 68%	Vitamin C 46%
Calcium 38%	Iron 13%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Contains: Milk	

Quinoa risotto with Arugula and Parmesan

Nutrition Facts	
Serving size: 1 Cup (164 g)	
Amount per serving	
Calories: 105	Fat Calories: 43
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 4mg	1%
Sodium 165mg	7%
Calcium 68mg	7%
Potassium 169mg	5%
Phosphorus 90mg	9%
Total Carb 12g	4%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 4g	8%
Vitamin A 36%	Vitamin C 3%
Calcium 7%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Labels

Whole Grain Banana Bread

Nutrition Facts	
Serving size: 1 Slice (80 g)	
Amount per serving	
Calories: 175	Fat Calories: 32
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Calcium 30mg	3%
Potassium 238mg	7%
Phosphorus 105mg	11%
Total Carb 33g	11%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 4g	9%
Vitamin A 1% Vitamin C 5%	
Calcium 3% Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Whole Wheat Pancakes

Nutrition Facts	
Serving size: 2 Pancakes (111 g)	
Amount per serving	
Calories: 176	Fat Calories: 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 677mg	28%
Calcium 29mg	3%
Potassium 183mg	5%
Phosphorus 125mg	12%
Total Carb 30g	10%
Dietary Fiber 4g	14%
Sugars 8g	
Protein 7g	13%
Vitamin A 0% Vitamin C 0%	
Calcium 3% Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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