



## Guide to Whole Grains

Grain	Flavor and Characteristics	Preparation and Serving Tips
<b>Amaranth</b>	Tiny, caviar-sized seeds with a lively, peppery taste.	1 cup grain/2 cups liquid; cook for 20-25 minutes. Use as a hot cereal or in soups.
<b>Barley</b>	Tiny oval grain with a mild nutty flavor.	1 cup grain/3 cups liquid; cook for 45 minutes. Good for soups & pilafs.
<b>Buckwheat</b>	Brown triangular seeds with a nutty flavor. Sold roasted as Kasha.	1 cup kasha/2 cups liquid; cook for 20 minutes. Good for cereal or pilaf.
<b>Bulgur</b>	Made from boiled, dried and cracked wheat kernels; sold precooked and dried.	1 cup grain/2 cups liquid; cook 10-12 minutes. Use in chili, stuffings, pilaf and tabbouli.
<b>Millet</b>	Tiny white, gray, yellow or red grain. Roasting before cooking enhances flavor	1 cup grain/2.5 cup liquid; cook for 25-35 minutes. Use in soups, casseroles, hot cereal, stuffing and salads.
<b>Oats</b>	Steamed and rolled to create "quick" oats. Steel-cut oats preserve the entire kernel, a more nutty flavor.	For steel cut oats, 1 cup oats/4 cups liquid; cook for 20 minutes. Use in hot cereal, baked goods, casseroles, meatloaf or uncooked homemade granola.
<b>Quinoa</b>	Small round grain like fruit seed that looks and cooks like a grain; delicate flavor, crunchy.	Rinse first. 1 cup grain/2 cups liquid; cook 12-15 minutes. Mix with other grains for pilaf; mix with vegetables for salad.
<b>Brown Rice</b>	Whole, unpolished rice grain with nutty flavor and chewy texture.	1 cup rice/2.5 cups liquid; cook for 25-45 minutes. Use in pilaf, stuffing for peppers or cabbage.
<b>Teff</b>	Tiny kernels come in red, brown and white. Sweet, molasses-like flavor.	1 cup grain/3 cups liquid; cook for 15-20 minutes. Cook as porridge, add to baked goods.
<b>Wheat Berries</b>	Whole kernel of wheat grain. Chewy texture, robust, nut-like flavor.	1 cup berries/4 cups liquid; soak overnight and cook 45-60 minutes. Add to soups, bread dough; serve as pilaf or stuffing for squash, peppers or cabbage.

