

Amaranth

Did you know?

- Amaranth is high in calcium, iron, and potassium.
- It is thought that Amaranth was domesticated between 6,000 and 8,000 years ago.
- Amaranth is naturally gluten-free.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

The name for amaranth comes from the Greek amarantos, meaning “one that does not wither.”

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- Amaranth is an excellent source of protein.
- Amaranth's flowers remain full of color after harvesting and drying.
- Amaranth is a good source of fiber and vitamin B₆.
- Amaranth are tall plants with broad green leaves and bright purple, red, or gold flowers.

Amaranth Banana Walnut Bread

1 cup cooked amaranth
2 cups whole wheat pastry flour
2 teaspoons baking powder
½ cup chopped walnuts
1 cup mashed ripe bananas
½ cup liquid honey
2 eggs
3 tablespoons melted butter or olive oil
1 teaspoon vanilla extract

Wash hands and work area before cooking. Preheat oven to 350°F. Lightly grease a 9-by-5-inch loaf pan. In a bowl, combine flour, baking powder, and walnuts. Mix well. In a separate bowl, beat bananas, honey, eggs, butter, and vanilla until blended. Add amaranth and mix well. Pour wet mixture over dry ingredients

and mix until just combined. Pour mixture into prepared pan. Bake in preheated oven until a tester inserted into the center comes out clean, about 1 hour. Let cool in pan on wire rack for 10 minutes. Remove from pan and let cool completely on rack.

Preparation Time: 10 minutes

Cook Time: 60 minutes

Serves: 16

Calories: 170

Total Fat: 6g

Cholesterol: 20 mg

Sodium: 75mg

Total Carbohydrate: 27g

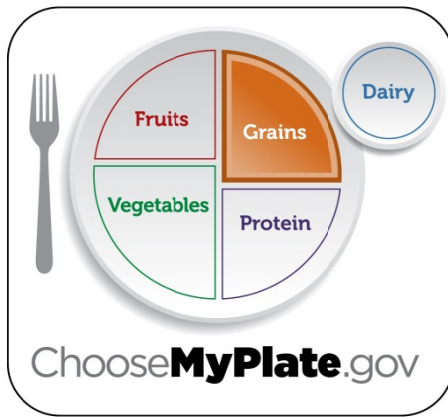
Protein: 4g

<http://wholegrainscouncil.org/recipes>

Find all the words!

F	U	J	I	C	N	Q	L	V	G	F	W	U	D	C
C	H	E	D	E	B	M	W	F	L	B	O	J	P	S
G	G	J	T	B	O	T	S	S	P	M	H	E	F	X
C	Y	U	Z	P	R	O	T	E	I	N	J	O	K	N
U	L	T	W	V	A	J	D	V	H	G	M	H	R	O
G	H	P	X	B	H	D	J	R	W	D	X	C	T	X
M	L	O	R	E	T	S	E	L	O	H	C	J	L	E
Y	R	L	W	Z	N	T	G	R	A	I	N	S	C	H
E	C	P	U	O	A	W	H	H	L	W	O	Y	E	C
L	R	I	N	W	R	X	R	G	A	U	R	Z	L	P
R	V	E	D	H	A	V	S	V	E	M	H	F	F	Q
A	S	N	B	H	M	K	H	G	M	Y	O	A	B	E
B	U	H	S	I	A	O	M	Y	T	C	J	T	Y	L
E	Z	G	Z	K	F	A	J	F	A	H	W	L	N	M
A	E	O	G	I	M	J	U	U	O	H	H	F	P	I

AMARANTH
OATMEAL
BARLEY
GLUTEN
PROTEIN
CHOLESTEROL
GRAINS
FIBER



Brown Rice

Did you know?

- Compared to white rice, brown rice has higher levels of vitamins and minerals.
- One cup of brown rice has 88% of the recommended daily value needed for manganese.
- Brown rice is a good source of thiamin.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Americans eat about 26 pounds of rice per person each year!

FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional information

- Store uncooked brown rice at room temperature for up to six months.
- Cooked rice can be stored in the refrigerator for 2-3 days, or frozen for several months.
- Rice is cultivated and harvested on every continent except Antarctica.
- Brown rice is a whole grain and may be helpful in maintaining a healthy weight.

Caribbean Casserole

1 onion, medium, chopped
 ½ green pepper, diced
 1 tablespoon canola oil
 1 can stewed tomatoes (14.5oz.)
 1 can black beans or beans of choice (16oz.)
 1 teaspoon oregano leaves
 ½ teaspoon garlic powder
 1½ cup brown rice, instant, uncooked

Wash hands and work area before cooking. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil. Stir in rice and cover. Reduce

heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes.

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 10

Calories: 100

Total Fat: 2g

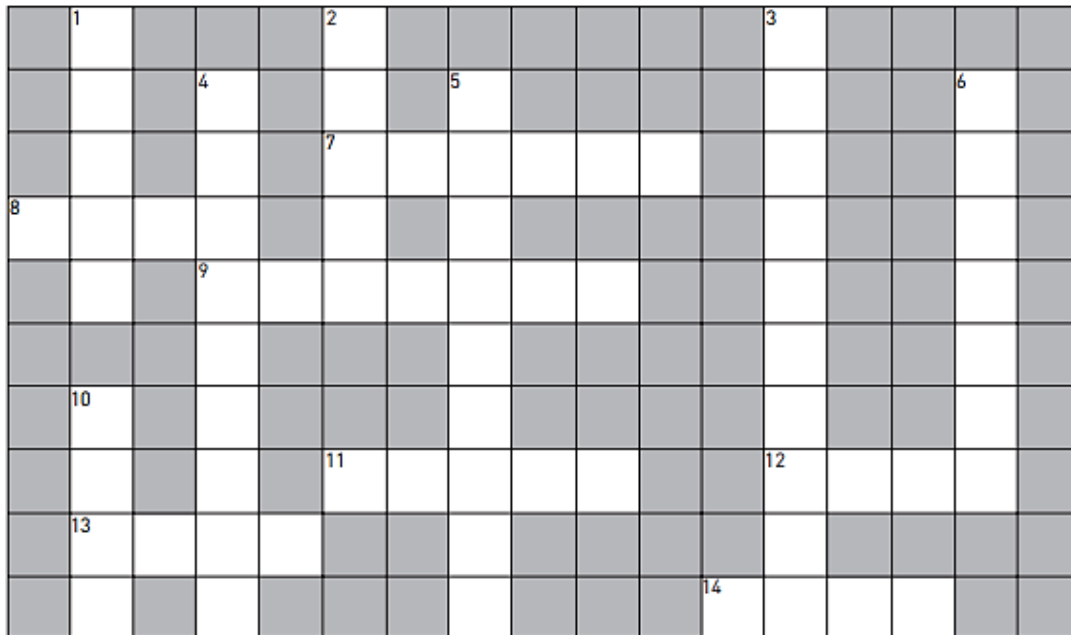
Cholesterol: 0mg

Sodium: 280mg

Total Carbohydrate: 20g

Protein: 4g

<http://recipefinder.nal.usda.gov>



ACROSS

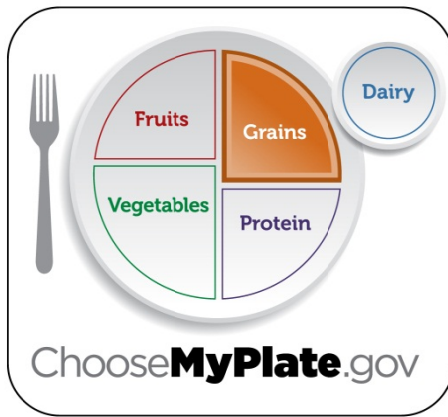
7. Whole grains give you _____ to power you through the day.
8. A whole grain is a _____ that hasn't had any part removed.
9. This is a healthy, warm breakfast meal.
11. Whole grains keep you feeling full longer because they are full of what?
12. Oats contain _____, a mineral that carries oxygen to your blood.
13. Which whole grains is an ingredient in 3,000 grocery products?
14. Oats grow in cooler climates that have plenty of what?

DOWN

1. How many parts does a whole grain have?
2. This is one of the four most popular whole grains in the United States.
3. This is the only continent in the world that doesn't grow rice.
4. This is the starchy part of the whole grain.
5. Fresh corn is a _____, while dried corn is a grain.
6. This is a whole grain that is also a favorite snack (especially when you go to the movies!)
10. There are more than 40,000 different varieties of _____.

EatWellBeWell.org

1) three 2) wheat 3) Antarctica 4) endosperm 5)
 vegetable 6) popcorn 7) energy 8) seed 9) oatmeal
 10) rice 11) fiber 12) iron 13) corn



Buckwheat

Did you know?

- Buckwheat has one of the highest amounts of protein among grains.
- Buckwheat contains more zinc, copper, and manganese than many other cereal grains.
- Buckwheat is naturally gluten-free.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Buckwheat has a gene that lets it make red or green immature fruit.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Buckwheat is useful for weed suppression and preventing soil erosion during crop rotation.
- China and Russia are the largest producers of Buckwheat in the world.
- The human body can absorb 75% of the protein in Buckwheat, making it a good source of protein.

Buckwheat and Cottage Cheese Casserole

1/3 cup rye flakes (rolled whole rye berries) or old-fashioned rolled oats
1 1/2 cups buckwheat groats
1 1/2 teaspoon dried dill
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon unsalted butter, plus more for preparing pan
1 1/2 cups low-fat cottage cheese
2 large eggs, lightly beaten
3/4 cup sour cream
1/8 teaspoon sweet paprika
3 cups water

Wash hands and work area before cooking. Set a rack in the center and preheat the oven to 350°F. Butter an 8-inch square baking dish. Coat the bottom and halfway up the sides with the rye flakes. Set aside. In a heavy 2-quart Dutch oven or saucepan, combine 2 3/4 cups of water with the buckwheat, dill, 1/2 teaspoon of the salt and the pepper. Bring to a boil over high heat. Stir in the butter. Cover, reduce the heat to low, and simmer until the buckwheat is

tender, about 10 minutes. Stir in another 1/4 cup of water if the mixture gets dry before the buckwheat is tender. Transfer the cooked buckwheat to a medium bowl. Stir in the cottage cheese, followed by the eggs and the remaining 1/2 teaspoon salt. Pour the mixture into the prepared baking pan. With a rubber spatula, spread the sour cream in a layer on top. Dust with the paprika. Bake until the edges are firm and the center is set, 45 to 50 minutes. Remove from the oven and let cool for 5 minutes. Run a knife along the edges and cut into 8 portions. Use a spatula to remove the pieces from the pan.

Preparation Time: 25 minutes

Cook Time: 60 minutes

Serves: 8

Calories: 120

Total Fat: 3.5g

Cholesterol: 55mg

Sodium: 520mg

Total Carbohydrate: 15g

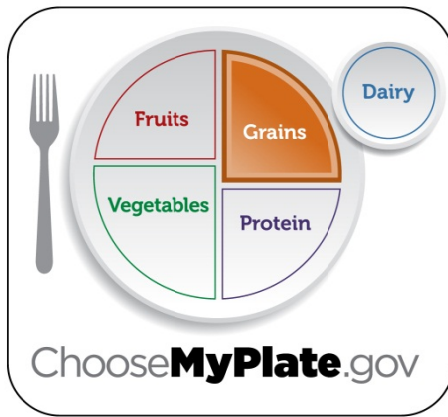
Protein: 9g

<http://wholegrainscouncil.org/recipes>

Unscramble the words!

1. lohew nirag _____
2. euachbtkw _____
3. pocper _____
4. znci _____
5. eulngt _____
6. emrnslia _____

1) whole grain 2) buckwheat 3) copper
4) zinc 5) gluten 6) minerals



Corn Flakes

Did you know?

- Corn flakes are a good source of folate!
- Corn flakes are enriched with vitamins A, C, D, thiamin, riboflavin, and niacin.
- Corn flake cereals are fortified with iron.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

A healthy alternative to bread crumbs is using crushed corn flakes.

FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Corn flakes have no added sweeteners!
- Store corn flakes in a dry, cool place to prolong shelf life.
- Corn flakes are cholesterol free.
- Corn flakes are made from corn grits that are cooked, flaked, and toasted.

Mouth-watering Oven-fried Fish

2 pounds cod fillets
1 tablespoon fresh lemon juice
¼ cup low-fat buttermilk
1 teaspoon fresh, minced garlic
⅛ teaspoon hot sauce
¼ teaspoon ground white pepper
¼ teaspoon salt
¼ teaspoon onion powder
½ cup corn flakes
1 tablespoon vegetable oil
1 fresh lemon, cut in wedges

Wash hands and work area before cooking. Preheat oven to 475° F. Clean and rinse fish. Apply lemon juice to fillets and pat dry. Combine milk, hot sauce, and garlic in a mixing bowl. Combine pepper, salt, and onion powder with crumbs and place on plate.

Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish. Arrange on lightly oiled shallow baking dish. Bake for 20 minutes on middle rack without turning. Cut into 6 pieces. Serve with fresh lemon.

Preparation Time: 15 minutes

Cook Time: 25 minutes

Serves: 6

Calories: 150

Total Fat: 3.5g

Cholesterol: 60mg

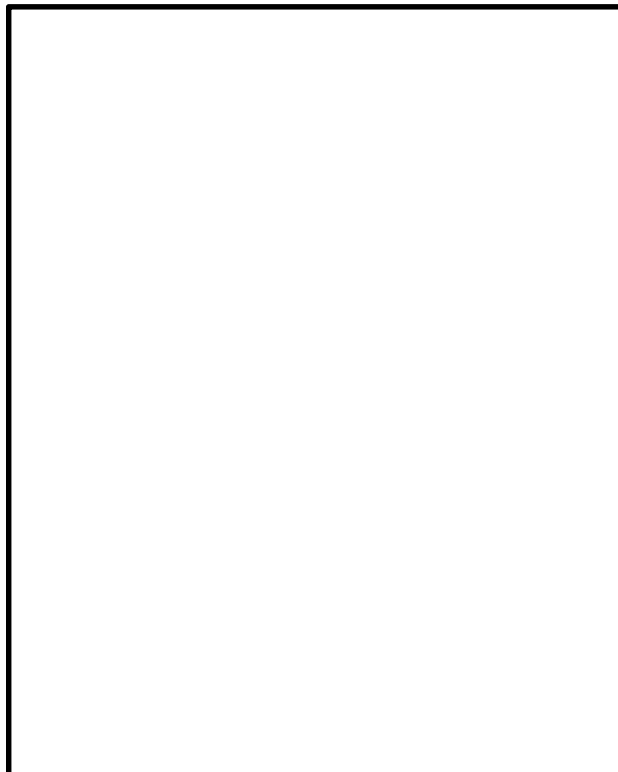
Sodium: 210mg

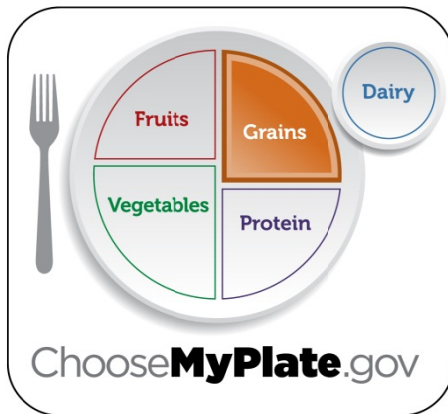
Total Carbohydrate: 4g

Protein: 25g

<http://recipefinder.nal.usda.gov/recipes>

Design your own cereal box!





Cornmeal

Did you know?

- Cornmeal is composed entirely of degermed corn.
- Cornmeal is fortified making it a good source of fiber, vitamin A, and folate.
- Cornmeal supports growth of healthy bacteria in the large intestine.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Cornmeal can be white, yellow, or blue!

FIGHTBAC!

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Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Cornmeal should be stored in dark, cool place for optimal shelf life.
- Cornmeal may be used to make a variety of baked goods such as muffins, breads, rolls, dumplings, and tortillas.
- Cornmeal may be cooked with water or low-fat milk and eaten warm as a side dish or breakfast item.

Corn Bread

Nonstick cooking spray

1¼ cups flour

1 cup cornmeal

⅓ cup sugar

3 teaspoons baking powder

¼ teaspoon salt

1 egg

¼ cup vegetable oil

1 cup low-fat milk

1 15-ounce can low-sodium corn, drained

Wash hands and work area before cooking. Preheat oven to 400°F. Coat a 9x9-inch baking dish with nonstick cooking spray. In a large bowl, combine flour, cornmeal, sugar, baking powder, salt, egg, vegetable oil, milk, and corn and mix well. Pour into

baking dish. Bake 20 to 25 minutes or until top is browned and a toothpick or fork inserted into the center of the pan comes out clean.

Preparation Time: 25 minutes

Cook Time: 25 minutes

Serves: 12

Calories: 190

Total Fat: 5g

Cholesterol: 20mg

Sodium: 184mg

Total Carbohydrate: 32g

Protein: 4g

<http://www.fns.usda.gov>

Unscramble the words!

berfi

ofealt

molcearn

artebica

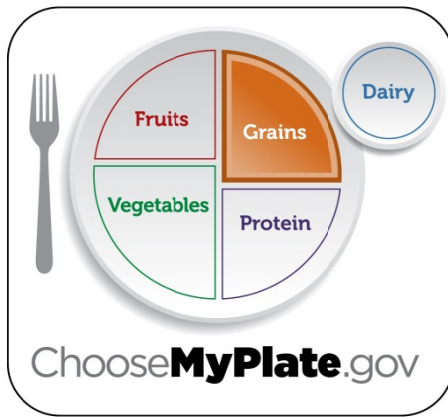
fnredie nragi

halhte

ourlf

emedgdre mco

1) fiber 2) folate 3) cornmeal 4) bacteria 5) refined
grain 6) health 7) flour 8) degenerated corn



Crispy Rice Cereal

**MyPlate suggests make
at least half of your
grains whole grains.**

<http://www.choosemyplate.gov/>

Did you know?

- Crispy rice breakfast cereal is an excellent source of vitamins A, B₆, B₁₂, and folate.
- Crispy rice cereal is high in Iron!
- Crispy rice cereal contains heart healthy complex carbohydrates.

Fun Fact!

**Crispy rice cereal is available as original,
chocolate flavored, and gluten-free.**

FIGHTBAC!

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Surfaces Often**

**Separate: Don't Cross-
Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

Additional Information

- Crispy rice cereal may be a good choice for those who have food allergies.
- Crispy rice cereal can be used as a crust for many meals.
- Crispy rice cereal is oven-popped or gun puffed, which is similar to the way popcorn is cooked, to give it its crispy, spongy texture.

Cheery-Apple Crisp

Pie Filling:

1 can (21 oz.) tart cherry pie filling
1 can (21 oz.) apple pie filling
1 teaspoon apple pie spice
3 cups crispy rice cereal
¼ cup firmly packed brown sugar
1 teaspoon butter flavored granules
3 tablespoons light corn syrup

Apple Pie Spice:

Combine ¼ cup cinnamon, 2 teaspoons nutmeg, 1 teaspoon allspice, 1 teaspoon ground sugar in a bowl.

Wash hands and work area before cooking. Combine pie fillings and apple pie spice. Spread evenly in 12 x 7 x 2-inch (2-quart) glass baking dish. Set aside. In medium bowl, thoroughly combine remaining

ingredients. Sprinkle evenly over filling mixture. Bake at 350° F about 30 minutes or until filling bubbles around edge and cereal starts to brown. Serve warm or cold with whipped topping or frozen yogurt, if desired.

Preparation Time: 15 minutes

Cook Time: 30 minutes

Serves: 8

Calories: 260

Total Fat: 0.5g

Cholesterol: 0mg

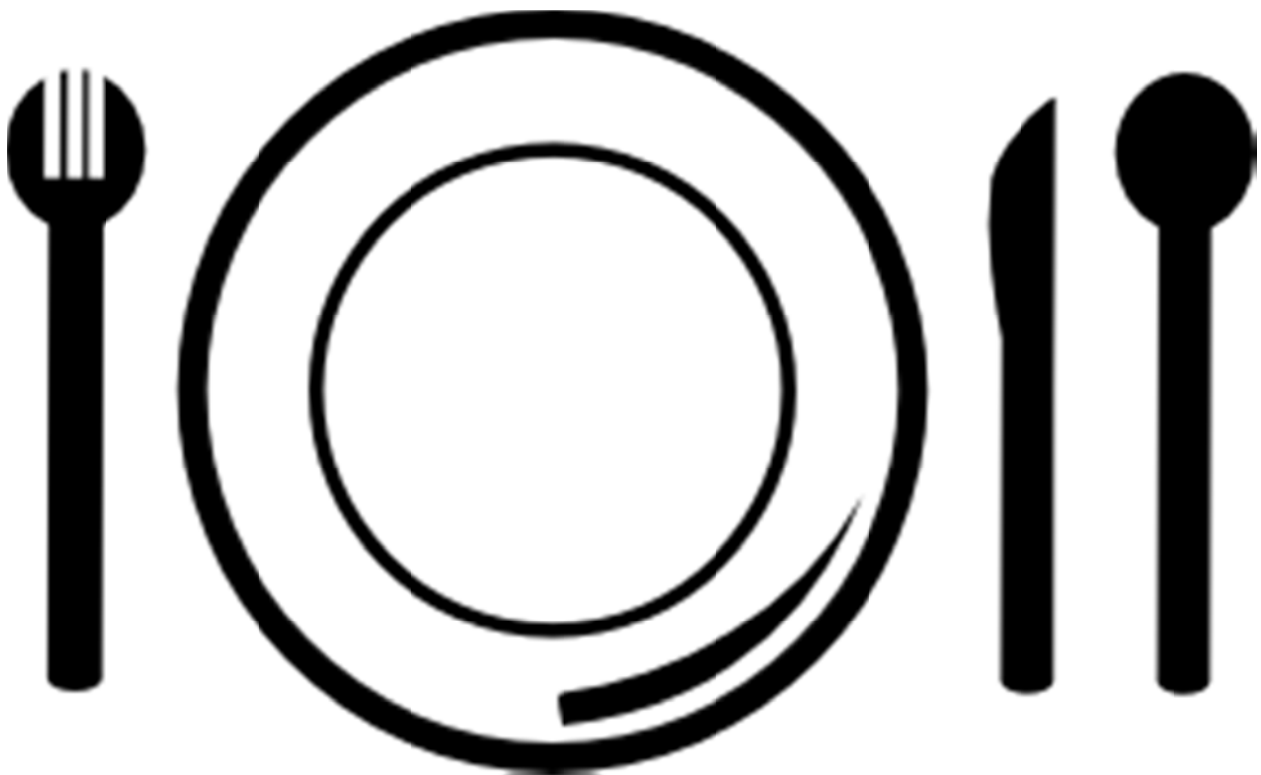
Sodium: 115mg

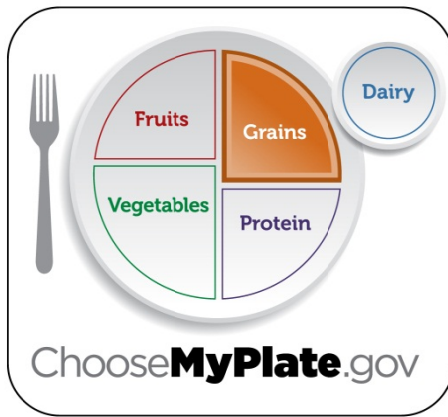
Total Carbohydrate: 67g

Protein: 1g

Adapted from: <http://www.kelloggs.com>

Fill the plate below with drawings of your favorite whole grain foods.





Millet

Did you know?

- The word millet covers the name of several different small-seeded grains.
- India is the world's top producer of millet.
- Millet is gluten-free and is high in magnesium.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Millet is often used as a filler for bean bags!

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<http://www.fightbac.org/>

Additional Information

- Millets can grow from one to 15 feet tall.
- Millet matures in about 65 days, which is faster than most grains.
- The four most popular types of millet are pearl, foxtail, proso, and finger millet.
- Millet grains are small with a yellowish color and have a mild taste which makes them go well with many types of foods.

Millet Apple Raisin Cake

1 cup millet, rinsed
3 cups apple juice
1 cup raisins
Pinch of sea salt

Wash hands and work area before cooking. Combine all ingredients in a medium-size saucepan over high heat. Bring to a boil, then lower heat, cover, and simmer for about 20 minutes until all of the juice is absorbed, and the millet is tender. Give it a stir and then taste it; if the millet is still crunchy, add more juice, cover, and simmer for about 3 minutes, then check for tenderness again. Pour the mixture into a standard loaf pan or pie plate and let it cool for about

1 hour until set. Slice and serve. Store any leftovers in the refrigerator.

Preparation Time: 25 minutes

Cook Time: 25 minutes

Serves: 6

Calories: 170

Total Fat: 0g

Cholesterol: 0mg

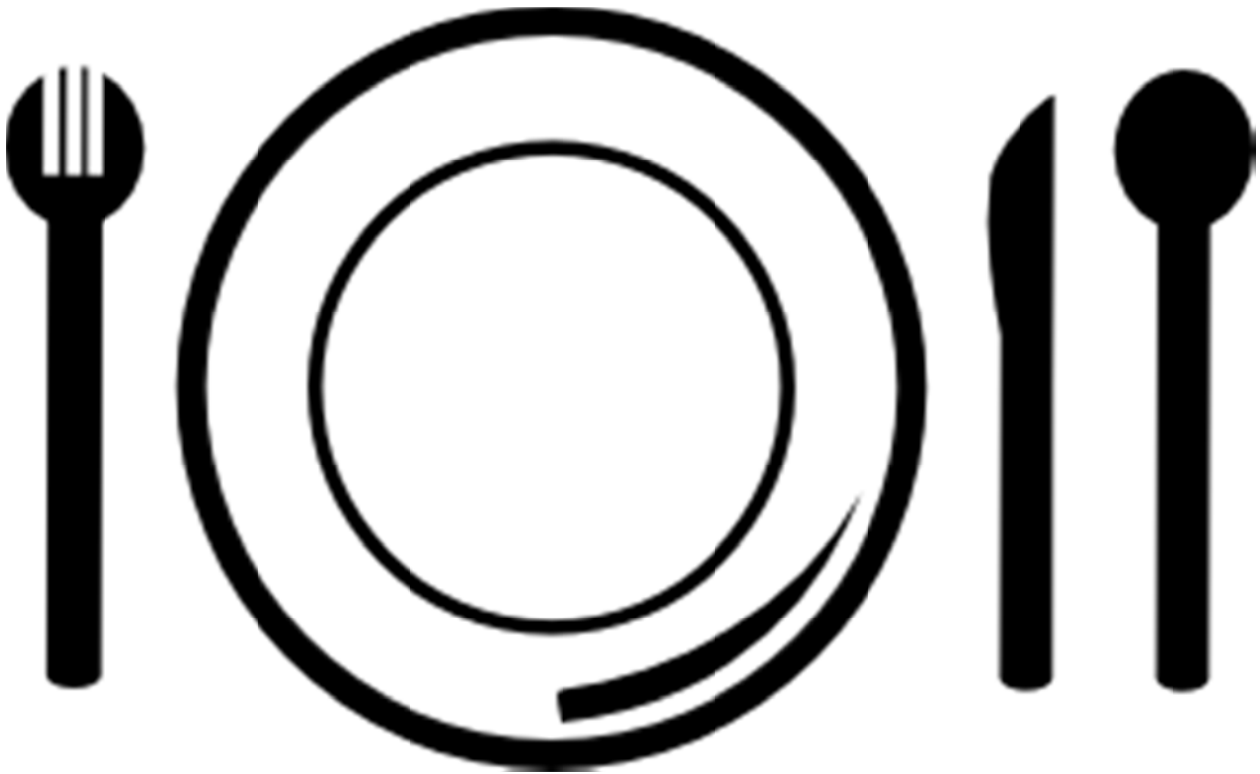
Sodium: 40mg

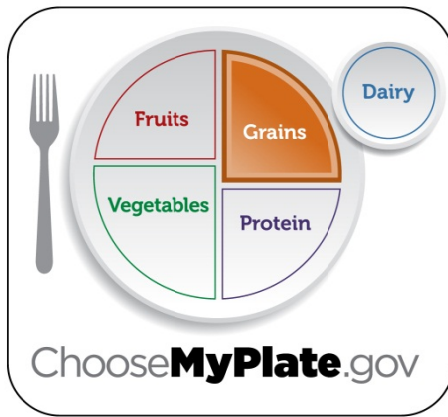
Total Carbohydrate: 43g

Protein: 2g

<http://wholegrainscouncil.org/recipes>

Fill the plate below with drawings of your favorite whole grain foods.





Oat Rings

**MyPlate suggests make
at least half of your
grains whole grains.**

<http://www.choosemyplate.gov/>

Did you know?

- Oat rings cereal is fortified with vitamins A, B₁₂, D, folate, iron, and many other trace minerals.
- Oat rings are a good source of dietary fiber.
- Oat rings are low in saturated fat and cholesterol.

Fun Fact!

Cheerios® are the highest selling oat rings cereal in America!

FIGHTBAC!

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Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

Additional Information

- Oat rings are a healthy starter food for babies.
- Oat rings contain beta-glucans which are soluble fibers and heart healthy.
- Oat rings are available in original, honey nut, multigrain, chocolate, fruity, cinnamon, and more!
- Oat rings get their shape from putting the batter in a mold that makes it circular.

Apple Cinnamon Cheerios® Crisp

4 cups sliced red apples
½ cup quick-cooking or old-fashioned oats
¼ cup packed brown sugar
¾ teaspoon ground cinnamon
⅓ cup firm butter or margarine
2 cups Apple Cinnamon Cheerios® cereal

Wash hands and work area before cooking. Heat oven to 350°F. Arrange apples in ungreased 8- or 9-inch square pan. In medium bowl, stir together oats, brown sugar and cinnamon; cut in butter with pastry blender or fork until crumbly. Stir in cereal; sprinkle over apples. Bake uncovered 30 to 35 minutes or

until golden brown. Serve warm. Cover and refrigerate any remaining crisp.

Preparation Time: 20 minutes

Cook Time: 35 minutes

Serves: 9

Calories: 170

Total Fat: 8g

Cholesterol: 20mg

Sodium: 85mg

Total Carbohydrate: 23g

Protein: 2g

<http://www.cheerios.com/recipes>

Unscramble the words!

1. reskatafb

2. rainsg

3. rcelae

4. iedhrenc

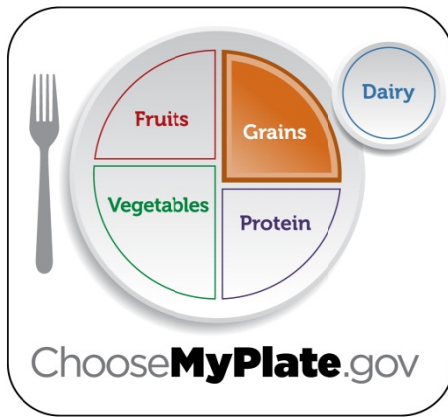
5. Ifatoe

6. fidiretfo

7. eibrf

8. ilsenrma

1) breakfast 2) grains 3) cereal 4) enriched
5) folate 6) fortified 7) fiber 8) minerals



Oatmeal

Did you know?

- January is national oatmeal month!
- Oatmeal can be stone-ground or steel-cut.
- Oatmeal is a good source of fiber.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Oatmeal can be used in some cosmetics, soaps, and lotions.

FIGHTBAC!

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<http://www.fightbac.org/>

Additional information

- Oatmeal is a good source of vitamin B complex, vitamin E, and calcium.
- Australian researchers rate oatmeal the number one breakfast food that makes people feel full.
- Eating oatmeal for breakfast can help prevent hunger cravings later in the day.

Banana Bread Oatmeal

3 cups fat-free milk
2 tablespoons firmly packed brown sugar
One-quarter teaspoon ground cinnamon
One-quarter teaspoon salt (optional)
One-eighth teaspoon ground nutmeg
2 cups oats (quick or old-fashioned, uncooked)
2 medium-size ripe bananas, mashed (about 1 cup)
2 - 3 tablespoons coarsely chopped toasted pecans
banana slices (optional)

Wash hands and work area before cooking. In a medium saucepan bring milk, brown sugar, spices and salt to a gentle boil (watch carefully!) Stir in oats, return to boil, reduce heat. Cook 1 minute for quick oats, 5 minutes for old-fashioned, or until most of the liquid is absorbed. Stir occasionally. Remove oatmeal from heat. Stir in mashed bananas

and pecans. Spoon mixture into 4 cereal bowls. Top with sliced bananas

Preparation Time: 15 minutes

Cook Time: 10 minutes

Serves: 4

Calories: 327

Total Fat: 6g

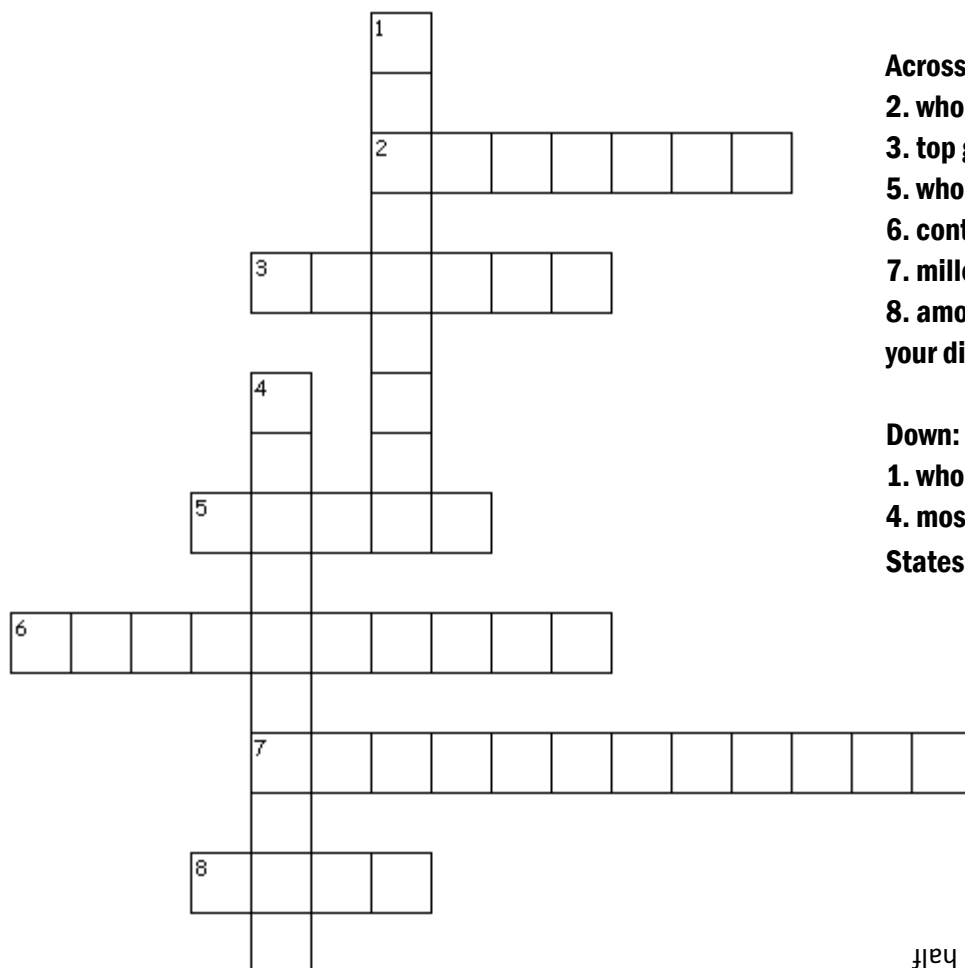
Cholesterol: 0mg

Sodium: 81mg

Total Carbohydrate: 57g

Protein: 14g

<http://www.healthyeating.org/>



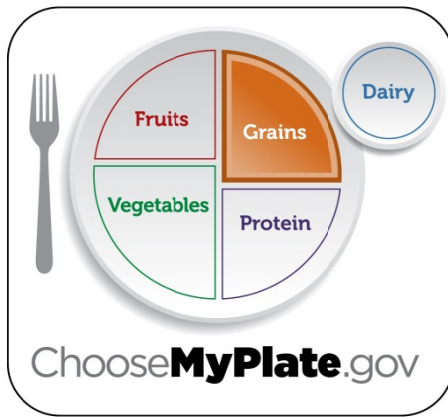
Across:

2. whole grain that is often eaten at breakfast.
3. top grain producer in the United States.
5. whole grains are a good source of this.
6. contains the entire grain kernel.
7. milled and enriched type of grain.
8. amount of grains that should be whole grains in your diet.

Down:

1. whole grain that is popular in Asia.
4. most popular refined grain food in the United States.

1) brown rice 2) oatmeal 3) Kansas 4) white bread
 5) fiber 6) whole grain 7) refined grain 8) half



Popcorn

**MyPlate suggests make
at least half of your
grains whole grains.**

<http://www.choosemyplate.gov/>

Did you know?

- Popcorn is an abundant source of dietary fiber and complex carbohydrates!
- 3 cups of popcorn is equivalent to one serving of the grain group.
- Popcorn makes a great whole grain snack.

Fun Fact!

Popcorn is actually a derivative of maize that when heated makes a “popping” sound.

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<http://www.fightbac.org/>

Additional Information

- The United States produces more popcorn than any other country.
- Popcorn was first cultivated in 5,000 B.C. by pre-Columbian indigenous peoples.
- Nebraska is the nation's leading popcorn producer.
- In 2012, popcorn sales reached about 996 million pounds!

Popcorn Treats

2 tablespoons melted margarine
 5 cups popped popcorn
 ¾ cups raisins
 1 cup bite-size shredded wheat
 1 tablespoon sugar (brown or white)
 1¼ teaspoon cinnamon

Pop popcorn. Mix popped corn, raisins, and cereal in a large bowl. Mix sugar and cinnamon in small dish. Drizzle melted margarine or butter over mixture. Add sugar and cinnamon mixture. Shake or stir until all ingredients are evenly distributed.

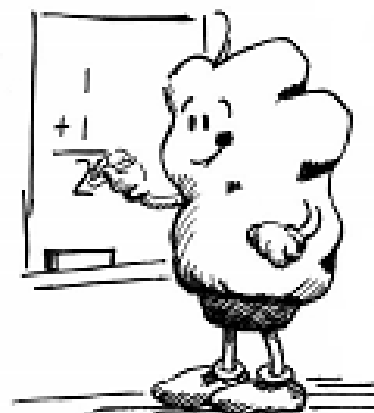
Preparation Time: 10 minutes
 Cook Time: 5 minutes
 Serves: 2

Calories: 480
 Total Fat: 13g
 Cholesterol: 0mg
 Sodium: 140mg
 Total Carbohydrate: 93g
 Protein: 8g

<http://recipefinder.nal.usda.gov/recipes>

Solve the problems and fill in the blanks to find out what popcorn kernels have inside.

#1	#2	#3	#4	#5	#6
#1	#2	#3	#4		
749	260	527	642		
- 688	- 195	- 486	- 559		
#5	#6				
821	460				
- 736	- 387				

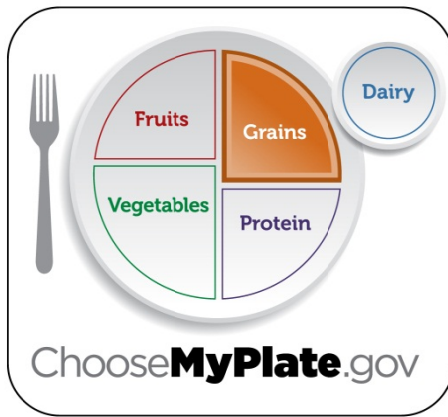


65	85	74	61	84	73	64	83	41
T	C	N	S	P	H	L	R	A

Hint: you won't use all the letters.

<http://www.popcorn.org/>

Answer: starch



Quinoa

Did you know?

- Quinoa is harvested late in March.
- Quinoa grows on magenta stalks that grow from 3 to 9 feet tall.
- Quinoa is a good source of protein, iron, calcium, and fiber.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Quinoa can survive on only 3 to 4 inches of rainfall per year!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- There are over 120 different kinds of quinoa!
- Quinoa can be made to make cereals, pasta, and beverages.
- Quinoa is one of the only plant foods that is a complete protein.
- NASA has proposed quinoa as an ideal food for long-duration space flights.

Cinnamon and Berry Quinoa

1 cup (1%) low-fat milk
1 cup water
1 cup rinsed quinoa
2 cups fresh Blackberries
½ teaspoon ground cinnamon
⅓ cup chopped pecans, toasted
4 teaspoons organic agave nectar

Wash hands and work area before cooking. Combine milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in blackberries and cinnamon; transfer

to four bowls and top with pecans. Drizzle 1 teaspoon agave nectar over each serving

Preparation Time: 15 minutes

Cook Time: 15 minutes

Serves: 4

Calories: 253

Total Fat: 9g

Cholesterol: 0mg

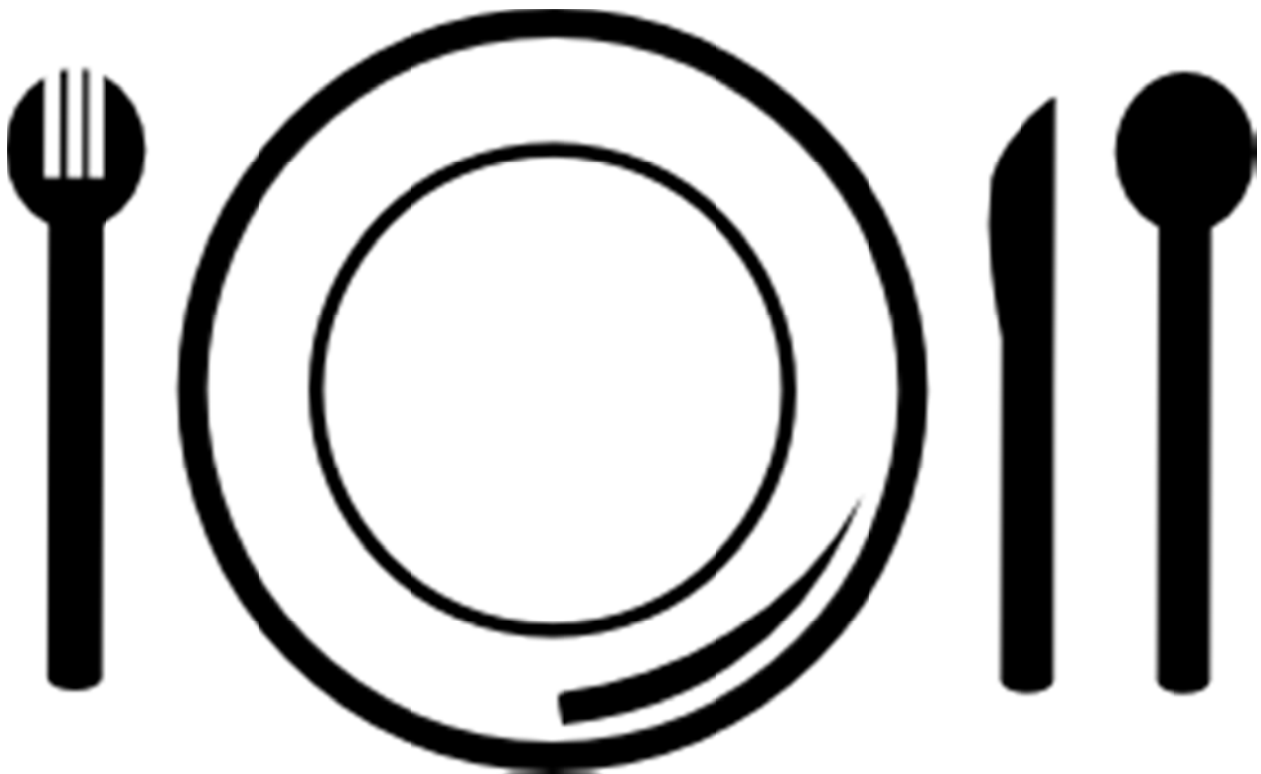
Sodium: 278mg

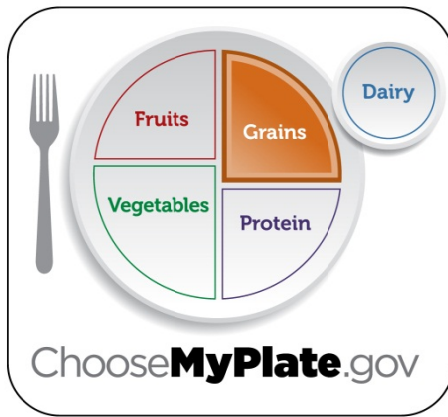
Total Carbohydrate: 34g

Protein: 7g

<http://www.healthyeating.org>

Fill the plate below with drawings of your favorite fruits, vegetables, and grains.





Raisin Bran

**MyPlate suggests make
at least half of your
grains whole grains.**

<http://www.choosemyplate.gov/>

Did you know?

- Raisin bran breakfast cereal is a good source of fiber.
- Raisin bran is fortified with calcium, iron, and folic acid.
- Raisin bran is a good source of vitamins B₆ and B₁₂.

Fun Fact!

Raisin bran cereal is available in original, cinnamon almond, flaxseed, and organic varieties.

FIGHTBAC!

**Clean: Wash hands and
Surfaces Often**

**Separate: Don't Cross-
Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

Additional Information

- Raisin bran is a whole grain.
- The raisins in raisin bran cereal provide potassium.
- Raisin bran cereal provides partial servings of both fruit and grains!
- Raisin bran cereal is a high source of vitamin A.

Raisin Bran and Oatmeal Cookies

½ cup oat bran
½ cup whole wheat flour
½ cup all-purpose flour
¼ teaspoon ground allspice
½ teaspoon ground cinnamon
1 teaspoon baking soda
1 cup lightly packed brown sugar
½ teaspoon salt
3 cups rolled oats
1 ¼ cups California raisins
¼ cup canola oil
2 tablespoons non-fat yogurt
1 teaspoon butter flavor (optional)
½ cup non-fat milk
3 egg whites
2 teaspoons vanilla

Wash hands and work area before cooking. Preheat oven to 375°F. Cover baking sheet with wax paper or aluminum foil sprayed with non-stick spray and set

aside. In mixing bowl, combine oat bran, flours, allspice, cinnamon, baking soda, sugar and salt. Stir in oats and raisins. In another bowl, combine oil, yogurt, butter flavor, milk, egg whites and vanilla. Mix wet ingredients into dry, and stir until well combined. Drop dough by tablespoonfuls onto prepared baking sheet. Bake at 375°F for 15 minutes or until golden. Transfer to a wire rack and cool.

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 48

Calories: 70

Total Fat: 1.5g

Cholesterol: 0mg

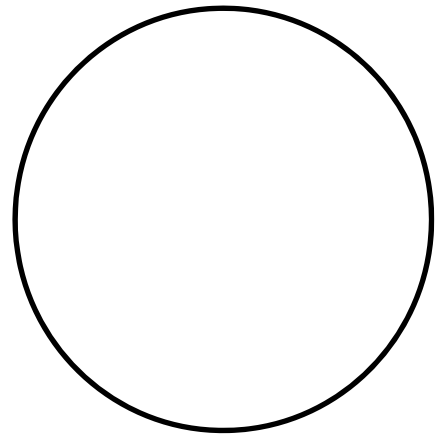
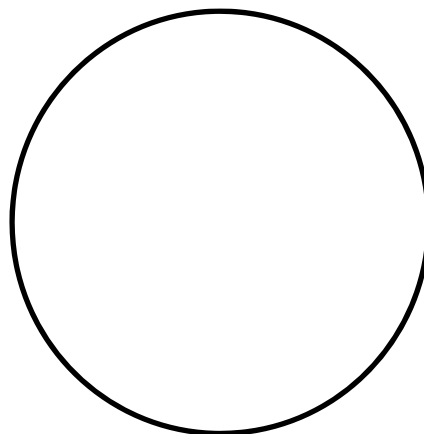
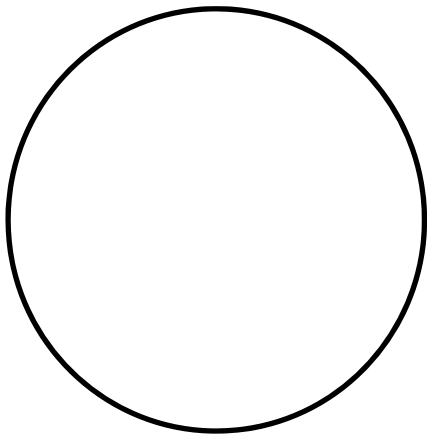
Sodium: 65mg

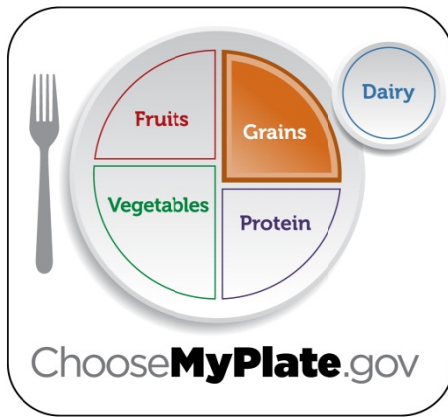
Total Carbohydrate: 12g

Protein: 2g

<http://calraisins.org/recipe>

Decorate your own cookies!





Rolled Oats

Did you know?

- Rolled oats are created when oat groats are steamed and then rolled into flakes.
- Rolled oats stay fresh longer and the healthy oils in the oats are stabilized.
- Oats are a good source of fiber, phosphorus, and zinc.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

An 18-ounce package of old fashioned oats contains about 26,000 rolled oats!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Oats are popular in Scotland and Ireland since they grow well in cold climates with abundant rainfall.
- Only 5% of oats grown worldwide are consumed by humans.
- Rolled oats cook faster than those that aren't which makes them efficient in cereal and porridge making.
- Rolled oats are whole grains.

ABC Meatball Soup

For Meatballs:

1 pound extra lean ground turkey breast or 90% lean ground beef.

$\frac{3}{4}$ cup quick or old fashioned rolled oats, uncooked

$\frac{1}{3}$ cup barbecue sauce or ketchup

For Soup:

1 48-ounce carton reduced-sodium, fat-free chicken broth

$\frac{1}{4}$ cup alphabet shaped pasta

1 10-ounce package frozen mixed vegetables

Wash hands and work area before cooking. Heat broiler. Lightly spray rack of broiler pan with cooking spray. In a large bowl, combine meatball ingredients; mix lightly but thoroughly. Transfer to a sheet of foil. Pat mixture into 9 x 6-inch rectangle. Cut into $1\frac{1}{2}$ - inch squares; roll each square into a ball to make 24 meatballs. Arrange meatballs on broiler pan. Broil

meatballs 6 to 8 inches from heat about 6 minutes or until cooked through, turning once. While meatballs cook, bring chicken broth to a boil in a 4-quart saucepan or Dutch oven over medium-high heat. Add pasta and frozen vegetables; return to boil. Reduce heat; cover and simmer 8 minutes or until vegetables and pasta are tender. Add meatballs and cook 1 minute. Serve immediately.

Preparation Time: 20 minutes

Cook Time: 15 minutes

Serves: 6

Calories: 250

Total Fat: 8g

Cholesterol: 80mg

Sodium: 640mg

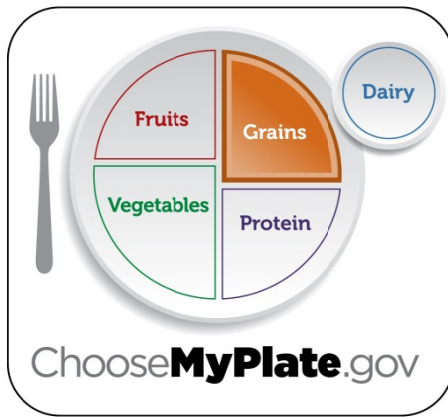
Total Carbohydrate: 23g

Protein: 20g

<http://wholegrainscouncil.org/recipes>

Fill the plate below with drawings of your favorite whole grains.





Sorghum

Did you know?

- Sorghum can be popped and eaten just like popcorn.
- Sorghum is gluten-free.
- Sorghum is a good source of iron, calcium, and potassium.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Texas is the second leading sorghum producing state behind Kansas.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- The United States is the largest producer of sorghum in the world.
- In Africa, leather is dyed red from varieties of red sorghum.
- One-third of sorghum production is used to make ethanol, which is used as fuel for automobiles.
- Sorghum is one of the hardiest grains as it can grow in drought-like conditions.

Gluten-free Chocolate Chip Banana Muffins

¾ cup sweet sorghum flour
¾ cup brown rice flour
1 tablespoon baking soda
½ tablespoon xanthan gum
¼ tablespoon guar gum
¼ tablespoon salt
2 large ripe bananas, mashed
¼ cup vegetable oil
¾ cup granulated sugar
¼ cup unsweetened applesauce
1 large, unbeaten egg
1 tablespoon vanilla
½ cup semisweet chocolate chips

Wash hands and work area before cooking. Preheat oven to 350°F. Coat standard 12-count muffin tin with cooking spray. In mixing bowl, combine sorghum flour, brown rice flour, baking soda, xanthan gum, guar gum and salt. In separate bowl, cream together

bananas and oil. Add sugar, applesauce, egg and vanilla; mix well. Add flour mixture to banana mixture in three parts, stirring well after each addition; fold in chocolate chips. Pour mixture into prepared muffin tin. Bake for 20-25 minutes, or until toothpick inserted into center of muffin comes out clean. Cool on rack.

Preparation Time: 10 minutes

Cook Time: 20-25 minutes

Serves: 12

Calories: 230

Total Fat: 8g

Cholesterol: 0mg

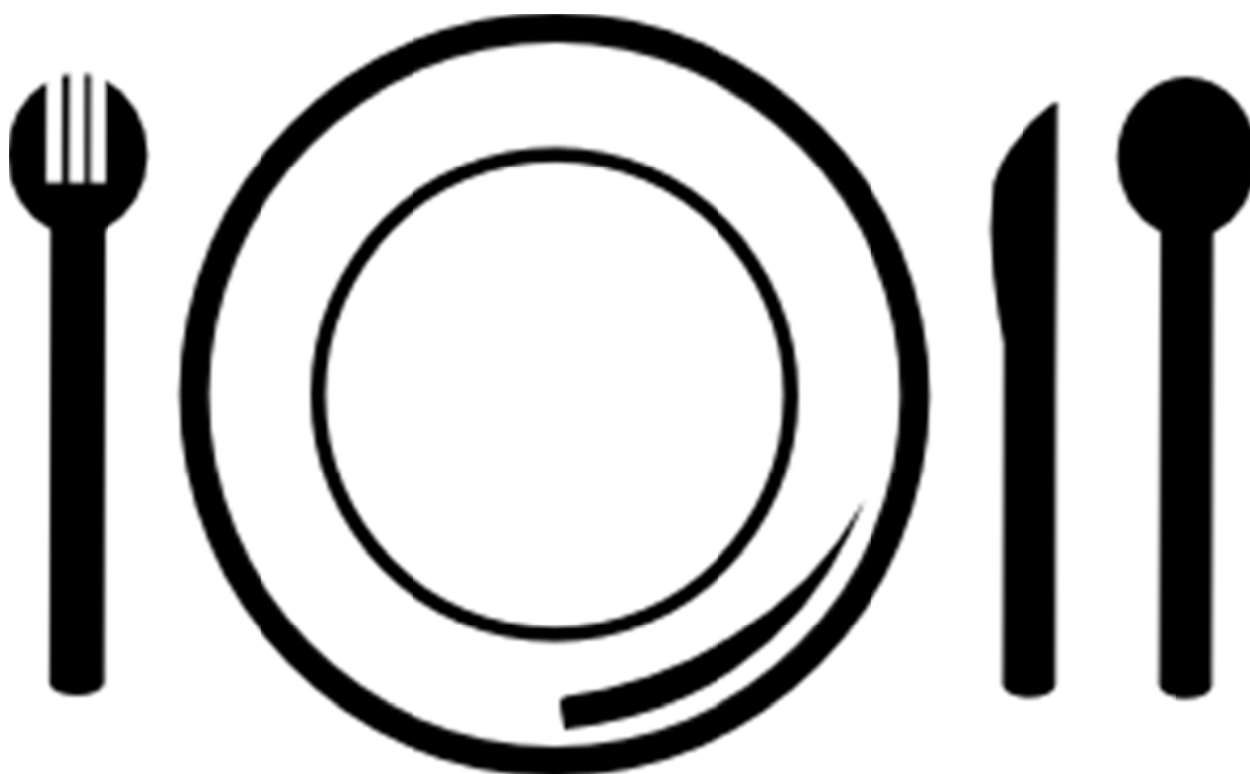
Sodium: 581mg

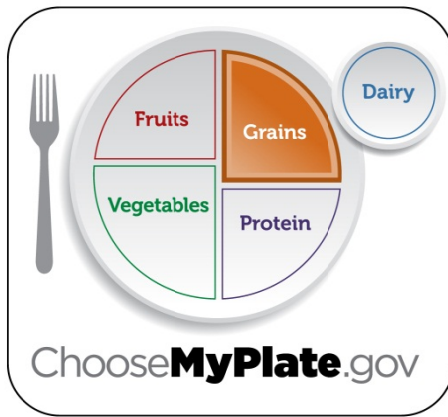
Total Carbohydrate: 38g

Protein: 3g

<http://www.clemson.edu/cafl>

Fill the plate below with drawings of your favorite fruits, vegetables and grains.





Tortillas

Did you know?

- Tortillas are a good source of fiber, protein, and iron.
- Tortillas are considered a flatbread.
- Tortillas are a good source of phosphorus.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Tortillas were originally made from ground corn by Mexican natives.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Tortillas are a highly popular food staple for many Mexican cuisines.
- Tortillas come in varieties such as corn, flour, and wheat.
- Like all foods, check tortillas for mold before eating.

Crunchy Vegetable Wraps

4 tablespoons whipped low-fat cream cheese
2 flour tortillas
½ teaspoon ranch seasoning mix
¼ cup washed, chopped broccoli
¼ cup peeled, grated carrots
¼ cup zucchini, cut into small strips
¼ cup yellow summer squash, cut into small strips
½ diced tomato
2 tablespoons seeded, diced green bell pepper
2 tablespoons finely chopped chives

Wash hands and work area before cooking. In a small bowl, stir ranch seasoning into cream cheese, chill. Wash and chop vegetables. Steam broccoli in microwave for 1 minute with 1 tablespoon of water. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream

cheese. Roll tortilla tightly. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Preparation Time: 25 minutes

Cook Time: 25 minutes

Serves: 6

Calories: 110

Total Fat: 3.5g

Cholesterol: 5mg

Sodium: 250mg

Total Carbohydrate: 16g

Protein: 4g

<http://recipefinder.nal.usda.gov/recipes>

Unscramble the words!

1. cnor

2. ofrlu

3. orlatislt

4. aemumsign

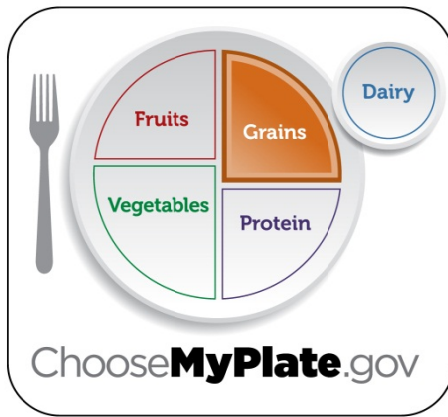
5. elabdfar

6. weaht

7. efibr

8. ionr

1) corn 2) flour 3) tortillas 4) magnesium 5) flatbread
6) wheat 7) fiber 8) iron



Triticale

Did you know?

- Triticale is a hybrid of wheat and rye.
- Triticale is a good source of thiamin, folate, and phosphorus.
- Triticale is an excellent source of plant based protein.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Scottish botanist A. Stephen Wilson was the first to have success in pollinating wheat with rye pollen.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Triticale is generally sold as flour or flakes.
- Triticale supports good gut health.
- Triticale is a popular animal food since it has benefits of both wheat and rye.
- Triticale has two planting seasons: spring and winter.

Pain d'Epices – French Honey Triticale Cake

2 ¼ cups whole triticale flour
1 cup honey
⅓ cup ground almonds
1 teaspoon ground ginger
¼ teaspoon ground cloves
½ teaspoon cinnamon
Grated rind of 1 lemon
½ teaspoon baking powder
¼ teaspoon baking soda

Wash hands and work area before cooking. Preheat oven to 350°F. Mix the triticale flour and honey together and let stand overnight. Add spices and other ingredients and mix thoroughly. Knead the dough for about 5 minutes then spread batter into a

greased loaf pan (about 8 1/2" x 4 1/2"). Bake for 35 minutes or until a toothpick comes out clean. Remove from oven, cool 10 minutes, then remove from pan and cool thoroughly on a cooling rack.

Preparation Time: 2 days

Cook Time: 35 minutes

Serves: 6

Calories: 380

Total Fat: 3.5g

Cholesterol: 0mg

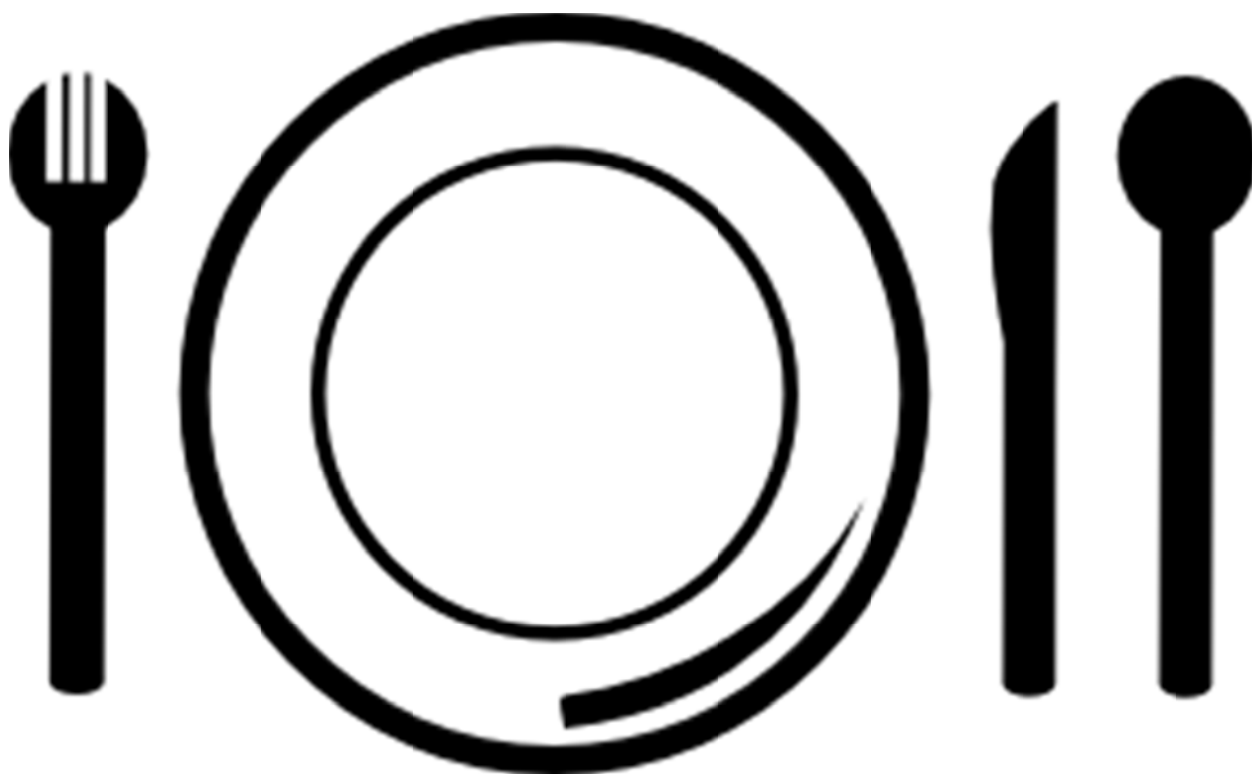
Sodium: 60mg

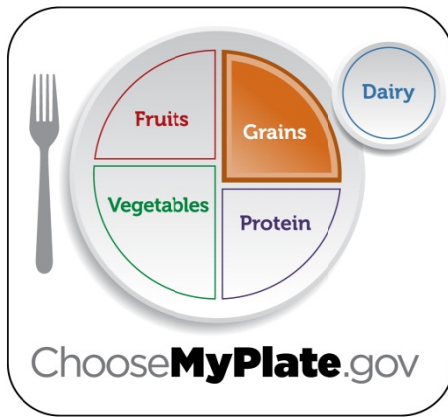
Total Carbohydrate: 87g

Protein: 8g

<http://www.wholegrainscouncil.org/recipes>

Fill the plate below with drawings of your favorite fruits, vegetables, and whole grains.





White Bread

Did you know?

- White bread is a refined grain food that is enriched to have extra vitamins and minerals.
- Refined grains have been enriched since 1941.
- Enrichment in refined grains include B vitamins, iron, riboflavin, niacin, and folic acid.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

The average American consumes about 53 pounds of bread per year!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- White bread's affordability made it the preferred bread choice during the industrial revolution.
- Since white bread has been enriched with folic acid, the number of certain birth defects has declined.
- White bread is made by removing the bran and wheat germ from wheat flour, and it is then bleached white.

Quick Tuna Casserole

4 cups water
5 ounces wide egg noodles
10 ounces low-sodium cream of mushroom soup
1/3 cup skim milk
1 can (6.5 ounces) tuna in water, drained
1 cup frozen green peas
1 cup fresh bread crumbs

Wash hands and work area before cooking. Preheat oven to 350°F. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes. Then, cover the pot, remove from heat and let stand for 10 minutes. In the meantime, mix the soup and milk together in a bowl. Combine tuna and peas with the mixture and pour into a 1-quart

casserole dish. Drain the noodles well and combine with the tuna mixture. Sprinkle the top with bread crumbs. Bake for 30 minutes.

Preparation Time: 15 minutes

Cook Time: 50 minutes

Serves: 6

Calories: 240

Total Fat: 4.5g

Cholesterol: 30mg

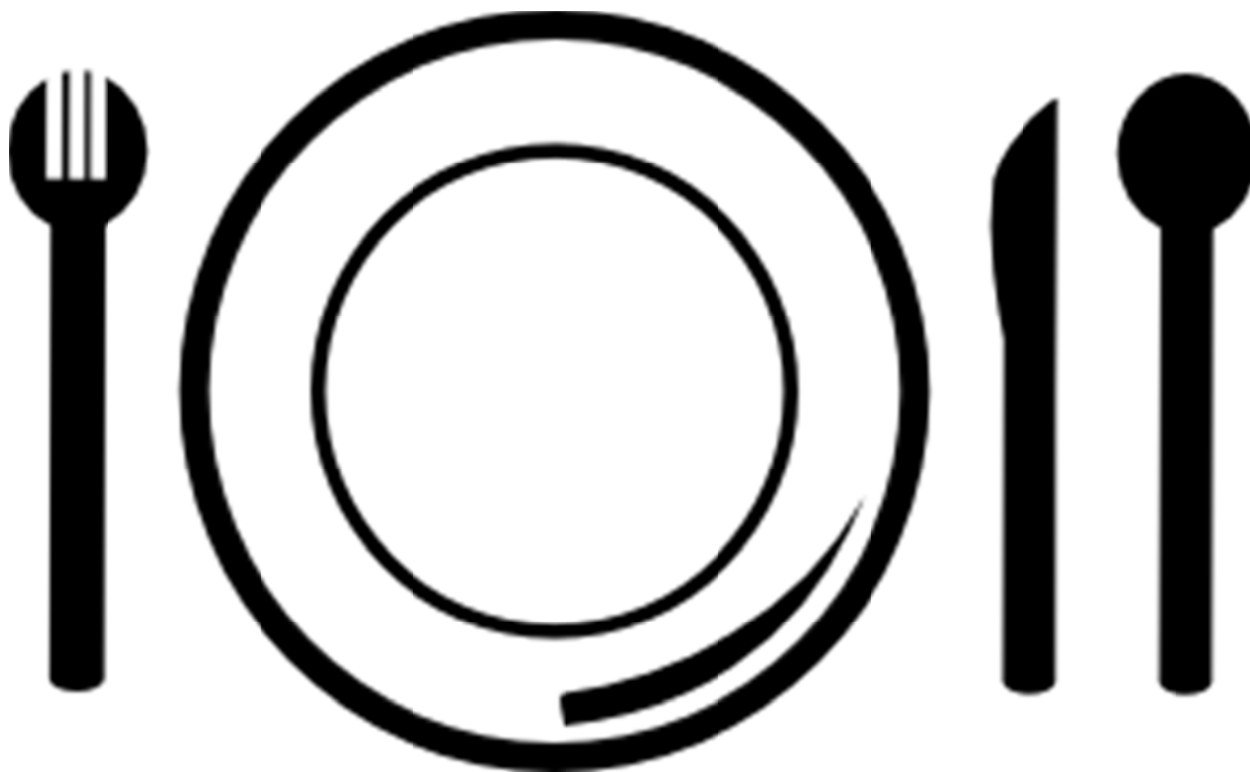
Sodium: 280mg

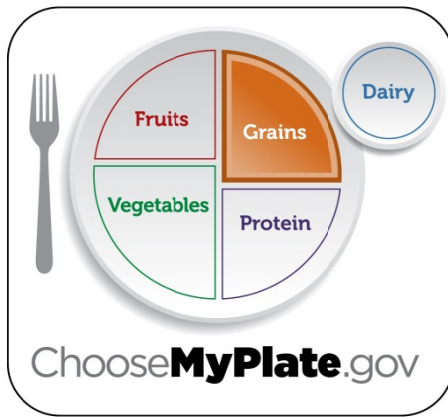
Total Carbohydrate: 35g

Protein: 15g

<http://recipefinder.nal.usda.gov/recipes>

Fill the plate below with drawings of your favorite fruits, vegetables, and whole grains.





White Rice

Did you know?

- White rice is enriched with iron, thiamin, riboflavin, and folic acid.
- White rice has a longer shelf life than whole grain brown rice.
- Rice is used in emergency and development settings when fortified flour and meals are not available.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Rice means “food” in Chinese.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Rice is the major source of calories in Asia.
- Rice has been cultivated since 2,500 B.C.
- Rice is produced on every continent in the world except Antarctica.
- Rice can be used to make rope, crackers, cosmetics, and toothpaste!

Vegetable Fried Rice

2 cups cooked white rice
2 tablespoons vegetable oil
½ cup chopped celery
¼ cup chopped onion
1 10-ounce package frozen vegetables
1 tablespoon soy sauce
1 dash of pepper

Wash hands and work area before cooking. Make 2 cups of cooked white rice. Use the package directions to make the rice. Chop celery and onion. Heat the oil in a skillet or large frying pan. Add the celery and onion. Stir fry for 2 minutes. Add the vegetables to the pan. Keep stirring the vegetables until they are

tender-crisp. Add the cooked rice. Sprinkle with soy sauce and pepper. Stir fry for 2 minutes until the rice is heated and the flavors are blended

Preparation Time: 10 minutes

Cook Time: 20 minutes

Serves: 4

Calories: 210

Total Fat: 0g

Cholesterol: 0mg

Sodium: 280mg

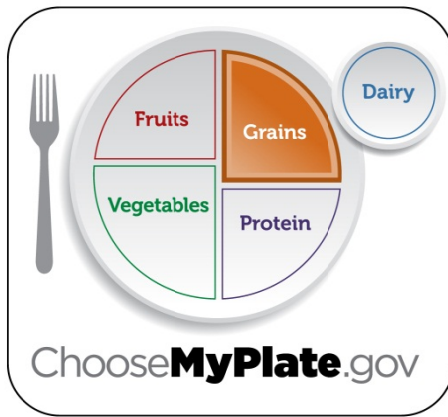
Total Carbohydrate: 33g

Protein: 4g

<http://recipefinder.nal.usda.gov/recipes>

O M S Y U E L Y Y E Z K W F A
V R Z T N E M H C I R N E O J
L E N Q B H L I F B I D Q L O
N G I A P S R K G V F P B I C
J Z M C R E C J A M L N U C S
L W A N T B Y L S R B R B A Q
A F I I P U F S T E P P G C V
J E H C J O H K O P R K O I G
S W T K B C L W F S P F I D I
Y I M I O C V K B O B Z J X U
Q X R B Z Q P Y Z D O N E R Z
P L K S K Q P N S N J B I K A
M R W V H G K M F E A W R R H
J T P J F Q I M R M P B O O I
A I X F T L F J F U Q F N O W

WHITE RICE
IRON
THIAMIN
RIBOFLAVIN
FOLIC ACID
ENRICHMENT
GERM
ENDOSPERM
BRAN



Whole Grain Barley

Did you know?

- Barley is highest in fiber of all whole grains.
- Whole grain barley is a good source of potassium.
- Whole grain barley is an exceptional source of protein and fiber.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Roman Gladiators were called *Hordearii*, or Barley Men. It's said that they believed barley gave them greater strength and stamina than other foods.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Barley can help control weight by making people feel fuller longer.
- Idaho is the top producer of barley in the United States.
- The outer hull on barley must be removed before consumption since it cannot be digested.
- Barley can grow in the Arctic Circle to tropical Ethiopia.

Springtime Cereal

¾ cup wheat and barley nugget cereal
¼ cup 100% bran cereal
2 teaspoons toasted sunflower seeds
2 teaspoons toasted almonds, sliced
1 tablespoon raisins
½ cup banana, sliced
1 cup strawberries
1 cup low-fat yogurt (raspberry or strawberry)

Wash hands and work area before cooking. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl. Add the raisins, the bananas, and half the strawberries. Gently stir in the yogurt and divide between two

bowls. Scatter the remaining strawberries over the top and enjoy.

Preparation Time: 15 minutes

Cook Time: 0 minutes

Serves: 2

Calories: 380

Total Fat: 5g

Cholesterol: 10mg

Sodium: 340mg

Total Carbohydrate: 76g

Protein: 14g

<http://recipefinder.nal.usda.gov/>

Unscramble the words!

1. yelrab

2. hlweo ringa

3. rebif

4. otrepin

5. nerdife argin

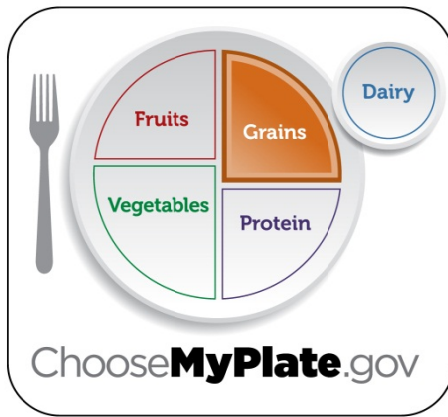
6. hatehl

7. tide

8. niutntser

9. alaetmo

1) barley 2) whole grain 3) fiber 4) protein 5) refined grain
6) health 7) diet 8) nutrients 9) oatmeal



Whole Grain Pasta

Did you know?

- Whole grain pasta is a good source of complex carbohydrates.
- Whole grain pasta is high in protein and low in sodium!
- Whole grain pasta is a good source of copper, magnesium, and phosphorus.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

The average American consumes about 20 pounds of pasta each year!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Pasta is fortified with folate, which can help prevent birth defects.
- Whole grain pasta has more fiber than regular pasta.
- October is National Pasta Month.
- The United States is the second leading producer of pasta behind Italy.

Chicken Club Salad

1 ½ cups cubed, grilled skinless chicken breast
1 cup whole wheat pasta
6 cups washed, torn romaine lettuce
2 cups fresh vegetables
2 cups chopped tomatoes
½ cup low-fat Italian dressing
1 hard cooked egg
¼ cup low-fat shredded cheddar cheese

Wash hands and work area before cooking. Cook pasta according to package directions; drain and cool. Place 1 ½ cups of the romaine lettuce in each of 4 large bowls or plates. Combine chopped vegetables, chicken, and pasta in a small bowl. Add

dressing; toss lightly to coat. Divide evenly among the 4 bowls. Top each serving with a few egg slices, if desired, and 1 tablespoon of the shredded cheese.

Preparation Time: 15 minutes

Cook Time: 25 minutes

Serves: 4

Calories: 260

Total Fat: 6g

Cholesterol: 85mg

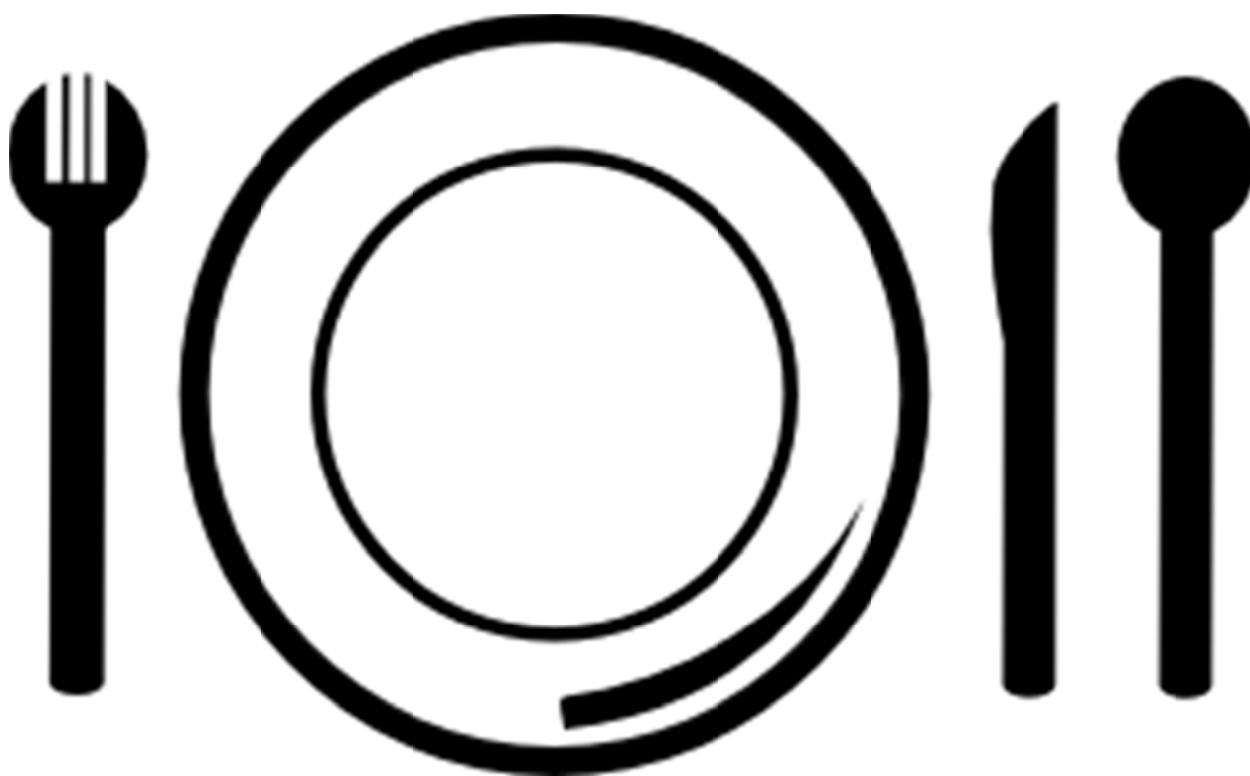
Sodium: 120mg

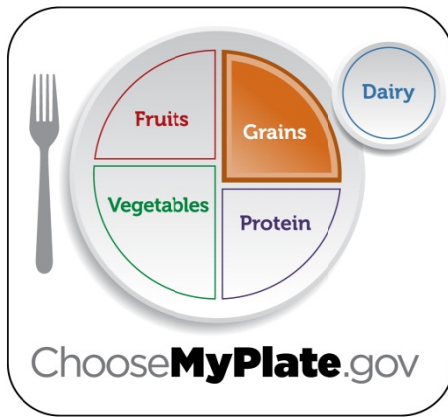
Total Carbohydrate: 28g

Protein: 24g

<http://recipefinder.nal.usda.gov/recipes>

Fill the plate below with drawings of your favorite fruits, vegetables, and whole grains.





Whole Rye

Did you know?

- Rye grain is has a high content of insoluble fiber and is a good source of magnesium.
- Rye is popular in the winter because it grows well in harsh conditions.
- Oklahoma is the nation's top producer of rye grain.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

Rye starch can be used to make matches and plastics!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Russia is the world's top producer of rye.
- Rye is a good source of complex carbohydrates which have health benefits.
- Rye bread has a high satiety level which helps people feel fuller longer.
- Rye was brought from the European continent to America during the 16th and 17th centuries.

Mixed Grain Bread

¼ cup yellow cornmeal
¼ cup brown sugar
1 teaspoon salt
2 tablespoons vegetable oil
1 cup boiling water
1 package active dry yeast
¼ cup warm water (105-115°F)
⅓ cup whole wheat flour
¼ cup rye flour
2¾ cups all-purpose flour

Wash hands and work area before cooking. Mix cornmeal, brown sugar, salt and oil with boiling water, cool to lukewarm (105 - 115°F). Dissolve yeast in ¼ cup warm water; stir into cornmeal mixture. Add whole wheat and rye flours and mix well. Stir in enough all-purpose flour to make dough stiff enough to knead. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 to 10 minutes. Place dough in lightly oiled bowl, turning oil top. Cover with clean towel; let rise in warm place

until double, about 1 hour. Punch dough down; turn onto clean surface. Cover with clean towel; let rest 10 minutes. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise until almost double, about 1 hour. Preheat oven to 375°F. Bake 35 to 45 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack

Preparation Time: 2½ hours

Cook Time: 35-45 minutes

Serves: 20

Calories: 90

Total Fat: 1.5g

Cholesterol: 0mg

Sodium: 120mg

Total Carbohydrate: 18g

Protein: 2g

<http://recipefinder.nal.usda.gov/recipes>

Unscramble the words!

1) yre radeb

2) mainegums

3) avtserh

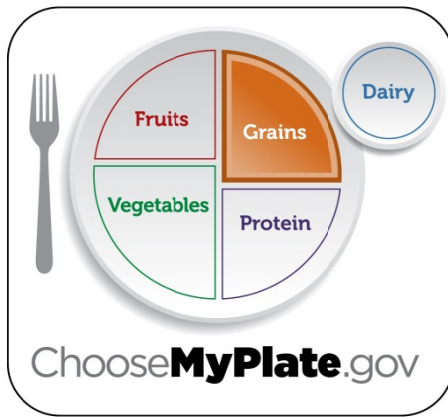
4) ayiestt

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1) rye bread 2) magnesium 3) harvest 4)
satiety 5) fiber 6) whole grain 7) whole rye



Whole Wheat

Did you know?

- Wheat is the third most-produced grain in the world.
- Whole wheat is the most common grain used in breads, pastas, and other grain foods in America.
- Whole wheat is a good source of iron, fiber, and calcium.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

Fun Fact!

A bushel of wheat contains approximately one million individual kernels!

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

Additional Information

- Kansas is top producer of wheat in the United States.
- Wheat that has been pre-cooked and broken into pieces is called Bulgur.
- Whole wheat is rich in complex carbohydrates.
- Wheat provides 20% of total calorie intake consumed by humans in the world.

Breakfast Pumpkin Cookies

1¾ cups pumpkin, pureed, cooked
1½ cups brown sugar
2 eggs
½ cup vegetable oil
1½ cups flour
1¼ cups whole wheat flour
1 tablespoon baking powder
2 teaspoons cinnamon
1 teaspoon nutmeg
½ teaspoon salt
¼ teaspoon ground ginger
1 cup raisins
1 cup chopped walnuts

Preheat oven to 400°F. Mix pumpkin, brown sugar, eggs, and oil thoroughly in a small bowl. Blend dry

ingredients and add to pumpkin mixture. Add raisins and nuts. Drop by teaspoonfuls on greased cookie sheet. Bake 10-12 minutes until golden brown.

Preparation Time: 15 minutes

Cook Time: 10 minutes

Serves: 48

Calories: 90

Total Fat: 4g

Cholesterol: 5mg

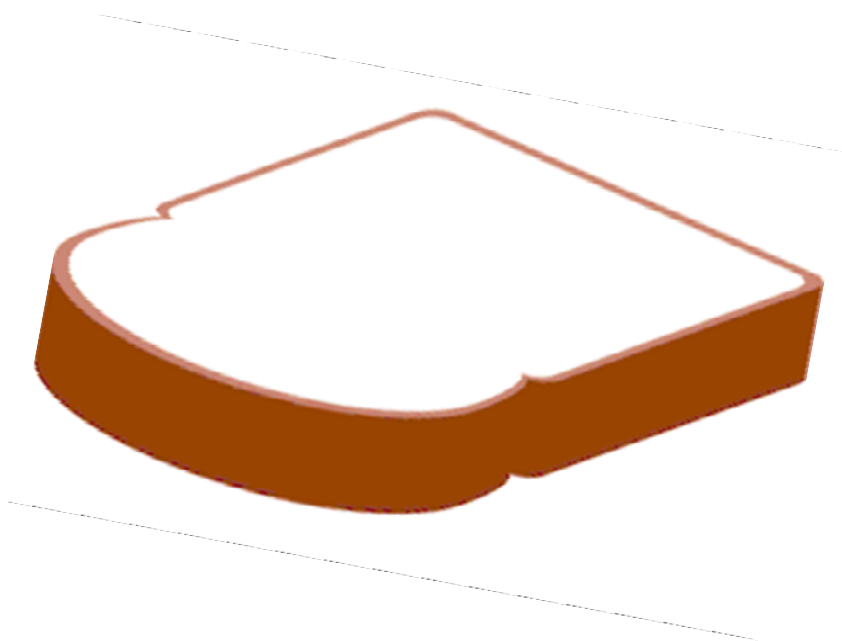
Sodium: 60mg

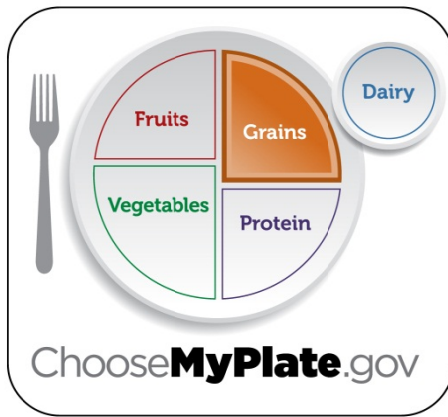
Total Carbohydrate: 13g

Protein: 2g

<http://recipefinder.nal.usda.gov/recipes>

Create your own sandwich using your favorite vegetables!





Wild Rice

**MyPlate suggests make
at least half of your
grains whole grains.**

<http://www.choosemyplate.gov/>

Did you know?

- September is National Rice Month
- Wild rice is the only grain that is native to North America.
- Like all whole grains, wild rice is a good source of fiber, but it is also high in zinc, and vitamin B₆.

Fun Fact!

Wild rice is a semi-aquatic grass that was originally grown in lakes.

FIGHTBAC!

**Clean: Wash hands and
Surfaces Often**

**Separate: Don't Cross-
Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

Additional Information

- When cooked, wild rice expands to three to four times its original size.
- Wild rice contains twice the amount of protein as brown rice.
- Wild rice can be heated and popped just like popcorn!
- Wild rice is Minnesota's official state grain.

Wild Rice Crusted Salmon

2 lbs salmon fillet, cut into 6 pieces

½ cup flour

2 eggs

3 tablespoons half and half

Salt and pepper to taste

2 cups cooked wild rice

½ cup Italian style bread crumbs

6 tablespoons olive oil

Wash hands and work area before cooking. Dredge salmon pieces in flour and set aside. In a medium bowl, mix together eggs, half and half, salt and pepper. In a wide bowl, mix together rice, breadcrumbs, salt, and pepper. Dip salmon in egg wash then coat with rice mixture, pressing rice onto salmon. Heat 2 tablespoons olive oil in skillet and

sear two pieces of salmon at a time for two minutes on each side. Set salmon aside on plate. Repeat to finish. Season with salt and pepper and serve hot or cold.

Preparation Time: 10 minutes

Cook Time: 15 minutes

Serves: 6

Calories: 580

Total Fat: 36g

Cholesterol: 150mg

Sodium: 130mg

Total Carbohydrate: 24g

Protein: 40g

<http://wholegrainscouncil.org/recipes>

Fill the plate below with drawings of your favorite fruits, vegetables, and whole grains.

