

EatingWell & Whole Grains

Jessie Price

Deputy Editor: Food

EatingWell

EatingWell Brand Position

FOOD

- Delicious
- Easy
- Quick
- Accessible

HEALTH

- Nutritious/Balanced
- Low-Fat/Low-Cal
- Heart-Healthy
- Safe

ORIGINS

- Seasonal
- Natural
- Organic/Environmental
- Local

Positioning: Where Good Taste Meets Good Health



Whole Grain Feature Stories

1 to 2 whole grain food feature stories a year.

Always looking for different ways to cover whole grains in food features.

Here - how to make wheat berries a staple in your cooking.

RECIPES IN SEASON

MEET THE REAL WHOLE WHEAT

THE PUREST FORM OF THIS WHOLESOME AND HEALTHY GRAIN, WHEAT BERRIES ARE AS EASY TO COOK AND AS VERSATILE AS RICE

BY CHERYL STEINMAN RILEY FOOD PHOTOGRAPHS BY XEN BURRIS

THE FIRST TIME I heard of wheat berries, I was dumbfounded. After all, berries are supposed to be colorful and juicy, so a “wheat berry” seemed incongruous at best. Then, about 10 years ago, a friend made me a wheat-berry salad and the nutty flavor and chewy texture of the grains stuck with me. I’ve since come to embrace whole grains from quinoa to rye. And while “advice” may be too strong a word, I always have a stash of cooked wheat berries in my freezer. With cooked grains at the ready, creating beautiful meals is a snap.

Crusts full of B vitamins, iron, manganese, zinc and fiber, wheat berries are actually whole, unprocessed kernels of wheat. (For more on wheat, see Last Bite, page 88.) And because they haven’t been refined, the three parts of the grain (the nutrient-rich bran and germ, as well as the endosperm) are all intact. Whole grains, we know, help to lower cholesterol, improve digestion and play a key role in fighting certain cancers.

I always choose hard red winter wheat berries (rather than the soft wheat variety) for their distinctive texture and flavor. Many recipes advise soaking wheat berries overnight to soften them before cooking, but soaking doesn’t discernibly alter their texture by all means skip this step and save the effort.

Wheat berries take a full hour to cook, so boil a large batch when you have a chunk of time, drain them and spread the grains out on a baking sheet to speed cooling. You can then scoop up or 2-cup servings of the cooled wheat berries into airtight plastic bags and freeze them. Now they’re just as easy to heat and serve as microwaveable brown rice. You can even add frozen cooked wheat berries—without defrosting them—to soups and stews.

Prepare yourself for this hearty goodness this winter grain has to offer. If you appreciate texture, and value versatility, you’re about to discover a new (and as roughly 60 cents per

pound, highly affordable) pantry favorite. Look for wheat berries in the bulk aisle at your favorite natural-foods store. And get ready to be amazed.

Master Recipe: Wheat Berries
Healthy • Vegetarian

ACTIVE TIME: 5 MINUTES | TOTAL TIME: 1 HOUR | TO MAKE AHEAD: Cook one recipe for up to 2 days or freeze for up to 1 month. **Caution:** To popular belief, wheat berries do not require an overnight soak before cooking. Simply sort them for 7 hours to soften the bran, which will produce more characteristically chewy texture. **SHOPPING TIP:** Wheat berries can be found in natural-foods markets and online at King Arthur Flour, (800) 827-6836, bakingsciences.com, and Bob’s Red Mill, (800) 349-2173, bobsredmill.com.

- 2 cups hard red winter-wheat berries
- 7 cups cold water
- 1 teaspoon salt

- Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucisson. Add water and salt.
- Bring to a boil over high heat, then reduce heat, cover and simmer gently for 1 hour, stirring occasionally. Drain and rinse. To serve hot, use immediately. Otherwise, follow the make-ahead instructions.

MAKES ABOUT 4 1/2 CUPS.

PER 1/2 CUP (151 CALORIES): 10g FIBER, 2g SUGAR, 2g FAT, 29g CARBON, 16g PROTEIN, 4g OTHER, 262 MG SODIUM, 0 MG CHOLESTEROL

Cheryl Steinman Riley, a freelance food and nutrition writer based in San Jose, California, is a contributing editor for EatingWell.

66 EATINGWELL.COM | MARCH/APRIL 2017



The genes in a grain of wheat contain 16 billion base pairs of DNA—that’s 40 times as many as rice and five times more than the human genome. Along, left: Sort the morning out, right: It’s a bowl of cinnamon-scented Creamy Wheat Berry Porridge, flecked with raisins and topped with toasted almonds (recipe on page 69).



Whole Grain Feature Stories

How to get more whole grains into your diet: BREAKFAST



Whole Grain Feature Stories

All about rice with farm profile story.

| RECIPES FOR A HEALTHIER PLANET |

NEW WAVES OF GRAIN

HOW THE LUNDBERG FAMILY FARM WENT ORGANIC AND HELPED CHANGE THE RICE AMERICA EATS | BY MARK SCARBROUGH | RECIPES BY BRUCE WEINSTEIN | FOOD PHOTOGRAPHY BY KEN BURRIS



Harvest was in full swing when I arrived last fall at the Lundbergs' rice fields north of Sacramento. Everyone was preoccupied: quotas, yields, organic checks. They wanted to keep me busy, and out of the way.

The 17,000-acre Lundberg Family Farms is one of the largest producers of organic rice in the country and an innovator in developing many of the new whole-grain varieties available across the U.S. today. It started back in 1937 with a 40-acre plot Albert and Frances Lundberg bought as they fled the Dust Bowl in Nebraska. In the late '50s, the farm was passed to their sons—Eldon, Wendell, Homer and Harlan—who bought up more land in the valley.

Today, this successful operation has passed to the third generation, overseen by Jessica Lundberg, the soft-spoken,

pragmatic board chair and nursery manager, and her more untamed, Aristotle-spouting cousin, Grant, the CEO.

"Would you like to see the fields from the air?" Jessica asked me. "We have an experienced pilot."

I should have asked, "How experienced?" as she was referring to her father, affable but laconic Wendell Lundberg, age 77, one of those four brothers.

Wendell taxied the plane onto a potholed runway with threshing machines going full-tilt alongside us. As we banked into the throbs of afternoon light, I saw what modern rice production does to the land. It wasn't the traditional paddies, wetlands or idyllic bit of fairy-tale Asia that I had expected.

Instead, the valley all around the Lundbergs' fields was on fire. At harvest, the threshers strip the rice stalks of their seeds,



Harlan Lundberg (left) is part of the second generation of the Lundberg family who has helped to revolutionize rice in the U.S. The Lundbergs specialize in organic and specialty rice like brown basmati rice, which is a perfect choice for this pilaf (below).

PHOTOGRAPHY BY KEN BURRIS

Custom Publications

Eat Healthy Your Way, In-store publication of 273 military commissaries worldwide.

COOKING CLASS

Whole Grains

Do your health a favor and make whole grains regulars in your diet. People who fuel up with whole grains tend to be leaner and have a lower risk of heart disease. And because of their fiber, whole grains are digested more slowly and tend to keep you fuller longer. Plus, they are tasty! Here are five to try:



Barley is available "pearled" (the bran has been removed) or "quick cooking" (parboiled). Technically neither are whole grains but nutritionally speaking they count toward your whole-grain servings because of their high fiber content.

To Cook: Pearl barley—Bring 1 cup barley and 2½ cups water or broth to a boil. Reduce heat to a simmer; cook, covered, until tender and most of the liquid has been absorbed, 40 to 50 minutes. Let stand 5 minutes. **Quick-cooking barley**—Bring 1½ cups water or broth to a boil; add 1 cup barley. Reduce heat to a simmer; cook, covered, until tender, 10 to 12 minutes.

Try: Cream of Mushroom & Barley Soup, page 35.

Bulgur comes in fine, medium and coarse textures. (If it's not labeled, it's usually fine or medium.) Unless a recipe calls for a specific texture, any type can be used. Don't confuse bulgur with cracked wheat. Cracked wheat must be cooked for up to an hour; bulgur is cracked wheat that's been parboiled so it simply needs to soak in hot water for most uses. **To Cook: Pour 1½ cups boiling water or broth over 1 cup bulgur. Let stand, covered, until light and fluffy, about 30 minutes. If all the water is not absorbed let the bulgur stand longer, or press it in a strainer to remove excess liquid.**

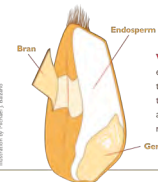


Illustration by Michael J. Beaman

WHAT EXACTLY IS A WHOLE GRAIN? Grains are made up of three parts: the bran, germ and endosperm. **The bran** is the high-fiber outer coating. **The germ** is the protein- and nutrient-dense portion. **The endosperm** is a source of carbohydrate along with some protein. A grain is "whole" if these three parts have been left intact. If it's processed (e.g., cracked, rolled or cooked), it's still considered a whole grain if it retains its original balance of nutrients. When grains are refined the bran and germ are removed (taking many nutrients with them). Examples of refined grains are white flour and white rice.

For more recipes: www.eathealthyway.net



Millet is hulled (the outer husk has been removed and the grain is left intact), leaving tiny yellow balls. Toasting millet in a large dry skillet over medium heat for 4 minutes before cooking helps it retain its shape. **To Cook: Bring 2½ cups water or broth to a boil; add 1 cup millet. Reduce heat to a simmer and cook, covered, until tender, 20 to 25 minutes.**


Quinoa should be rinsed before cooking to remove any residue of saponin, its natural, bitter-tasting protective covering. Toast quinoa in a little oil in a skillet or sautépan over medium heat before cooking to enhance its nutty flavor. **To Cook: Bring 2 cups water or broth to a boil; add 1 cup quinoa. Reduce heat to a simmer, cover and cook until the liquid has been absorbed, 15 to 20 minutes. Fluff with a fork.**



Try: Toasted Quinoa Salad with Scallops & Snow Peas, page 34.



Wheat Berries of any variety (hard, soft, spring or winter) can be used interchangeably. Labeling is inconsistent—they may be labeled "hard red winter wheat" without "wheat berries." Some recipes instruct soaking overnight, but we found it unnecessary. **To Cook: Sort through wheat berries carefully, discarding stones; rinse with water. Bring 4 cups water or broth and 1 cup wheat berries to a boil. Reduce heat to a simmer, cover and cook, stirring occasionally, until tender, but still chewy, about 1 hour. Drain.**

EAT HEALTHY YOUR WAY  33

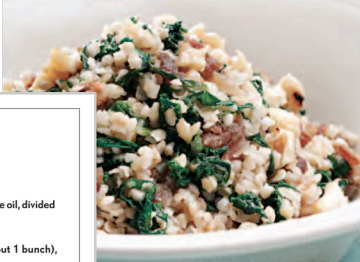
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Mustard Greens & Bulgur

Mustard Greens & Bulgur
MAKES 6 servings, about 3/2 cup each.
ACTIVE TIME: 40 minutes | TOTAL: 40 minutes

- 1 cup bulgur
- 2 tablespoons chopped walnuts
- 6 teaspoons walnut oil or extra-virgin olive oil, divided
- 2 shallots, chopped
- 1 tablespoon finely chopped garlic
- 12 cups thinly sliced mustard greens (about 1 bunch), tough stems removed
- 1/3 cup chopped pitted dates
- 2-3 tablespoons water
- 4 teaspoons white-wine vinegar
- 1/2 teaspoon salt


1. Prepare bulgur according to package directions. Transfer to a colander and rinse under cool water; drain. Toast walnuts in a small dry skillet over medium-low heat, stirring, until lightly browned and fragrant, 2 to 3 minutes.

2. Place 5 teaspoons oil and shallots in a large skillet over medium-low heat. Cook until the shallots start to brown, 4 to 6 minutes. Add garlic and cook, stirring, until fragrant, about 15 seconds. Add mustard greens, dates and 2 tablespoons water and cook, stirring occasionally, until the greens are tender and the water evaporates (add another tablespoon of water if the pan is dry before the greens are tender), about 4 minutes. Stir in vinegar, salt and the prepared bulgur; cook until heated through, about 1 minute. Drizzle with the remaining 1 teaspoon oil and sprinkle with the walnuts before serving.

PER SERVING: 169 calories; 6 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 27 g carbohydrate; 4 g protein; 5 g fiber; 199 mg sodium; 192 mg potassium. **NUTRITION BONUS:** Vitamin A (57% daily value), Vitamin C (33% dv), good source of omega-3s.


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Creamy Garlic Pasta with Shrimp & Vegetables

Creamy Garlic Pasta with Shrimp & Vegetables
MAKES 4 servings, about 2 cups each.
ACTIVE TIME: 30 minutes | TOTAL: 30 minutes

- 6 ounces whole-wheat spaghetti
- 12 1-inch pieces
- 1 bunch asparagus, trimmed and thinly sliced
- 1 large red bell pepper, thinly sliced
- 1 cup fresh or frozen peas
- 3 cloves garlic, chopped
- 1 1/4 teaspoons kosher salt
- 1 1/2 cups nonfat or low-fat plain yogurt
- 1/4 cup chopped flat-leaf parsley
- 3 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon freshly ground pepper
- 1/4 cup toasted pine nuts (optional; see Tip)


1. Bring a large pot of water to a boil. Add spaghetti and cook 2 minutes less than package directions. Add shrimp, asparagus, bell pepper and peas and cook until the pasta is tender and the shrimp are cooked, 2 to 4 minutes more. Drain well.

2. Mash garlic and salt in a large bowl until a paste forms. Whisk in yogurt, parsley, lemon juice, oil and pepper. Add the pasta mixture and toss to coat. Serve sprinkled with pine nuts (if using).

PER SERVING: 385 calories; 6 g fat (1 g sat, 3 g mono); 168 mg cholesterol; 53 g carbohydrate; 34 g protein; 10 g fiber; 658 mg sodium; 887 mg potassium. **NUTRITION BONUS:** Vitamin C (130% daily value), Vitamin A (71% dv), Folate (60% dv), Iron & Magnesium (35% dv), Calcium & Zinc (28% dv), Potassium (25% dv).

TIP: To toast pine nuts, place in a small dry skillet and cook over medium-low heat, stirring, until fragrant, 2 to 4 minutes.

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Wild Rice with Dried Apricots & Pistachios

Wild Rice with Dried Apricots & Pistachios
MAKES 6 servings, 3/2 cup each.
ACTIVE TIME: 35 minutes | TOTAL: 1 hour 10 minutes

- 7 cups water
- 1 cup wild rice, rinsed
- 2 teaspoons extra-virgin olive oil
- 1 small red onion, chopped
- 1 medium red bell pepper, seeded and diced
- 2 cloves garlic, minced
- 1 1/2 teaspoons ground cumin
- 1/2 cup dried apricots, diced
- 1/2 cup orange juice
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper to taste
- 2/3 cup thinly sliced scallion greens
- 1/3 cup shelled pistachios, coarsely chopped

1. Bring water to a boil in a large saucepan. Add wild rice, cover, reduce heat to medium-low and cook at a lively simmer until the grains are tender and starting to split, 45 to 55 minutes. Drain in a fine sieve.

2. Shortly before the wild rice is ready, heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until softened, 2 to 3 minutes. Add bell pepper, garlic and cumin; cook, stirring, for 1 minute. Add apricots, orange juice, salt and pepper; simmer until the apricots have plumped and the liquid has reduced slightly, 1 to 2 minutes. Stir in the wild rice. Remove from the heat and stir in scallion greens. Serve topped with chopped pistachios.

PER SERVING: 224 calories; 5 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 39 g carbohydrate; 7 g protein; 5 g fiber; 104 mg sodium; 498 mg potassium. **NUTRITION BONUS:** Vitamin C (110% daily value), Vitamin A (35% dv), Fiber (20% dv).

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Heart Health



Creamy Garlic Pasta with Shrimp & Vegetables

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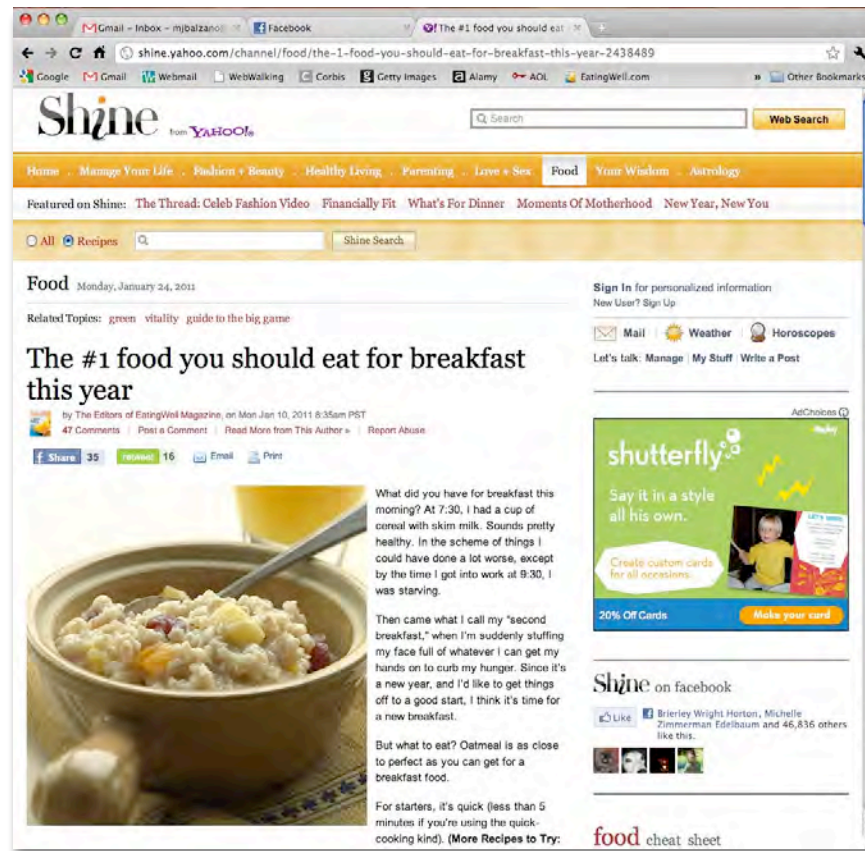


EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell Blogs

EatingWell writes 5 blogs a week for our website as well as partners including The Huffington Post and Yahoo!.

Many like this breakfast blog about the benefits of oatmeal feature whole grains.



Whole grains are everywhere!

In this upcoming “4 Ways” department we’re featuring canned tuna.

But what else gets a lot of play? Whole grains. They are in 3 of the 4 recipes.

HEALTHY IN A HURRY = 4 WAYS

Hot Tuna!

CONVENIENCE, NUTRITION AND GREAT FLAVOR TEAM UP IN THESE 4 NEW TAKES ON CANNED TUNA RECIPES BY THE EATINGWELL TEST KITCHEN

A GREAT MEAL can start with something as simple as a can opener and a can of light tuna. Light tuna comes primarily from skipjack, a much smaller predatory fish than its cousin albacore or “white” tuna, which is also commonly found in cans. Light tuna provides a healthy dose of vitamin D along with heart-healthy omega-3s. Though it has fewer omega-3s than white tuna does, we go for light because it also has less mercury. *(For more on what to look for at the store, turn to page TK.)* Calmarly speaking, we love the convenience of popping open a can of tuna. Here we combine it with artichoke hearts and provolone in stuffed potatoes or roll it up with avocado and watercress in a sushi-roll-inspired wrap. Any way you serve it, light tuna is a great catch. —*Hilary Meyer*



2 | EATINGWELL.COM | MARCH/APRIL 2011

EatingWell Cookbooks

Produce 1 to 2 cookbooks a year.

Always include whole grain-centric recipes.

Plus tips and advice about why and how to use whole grains in cooking.

Strawberry Rhubarb Pie

HERB

MAKES: 10 servings

ACTIVE TIME: 1 hour | TOTAL: 4½ hours (including chilling and cooling) | TO MAKE AHEAD: Refrigerate dough for up to 2 days or freeze for up to 6 months. | EQUIPMENT: 9-inch pie pan

Rhubarb and strawberries go hand in hand, and what better way to honor the combination than in this classic summer pie. The lattice top looks fancy but the technique is super-easy to master. (Photograph: page 382.)

CRUST

- 1¼ cups whole-wheat pastry flour (see Tip, page 485)
- 1½ cups all-purpose flour
- 2 tablespoons sugar, plus 1 teaspoon for sprinkling (optional)
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter
- ¼ cup reduced-fat sour cream
- 3 tablespoons canola oil
- 4 tablespoons ice water
- 1 large egg white, beaten, for brushing

FILLING

- 2½ cups sliced instant tapioca
- 4 cups sliced strawberries (about 1¼ pounds), fresh or frozen (not thawed)
- 1 cup sliced rhubarb, fresh or frozen (not thawed)
- ½ cup sugar
- 1 tablespoon lemon juice
- Pinch of ground nutmeg
- Pinch of salt

1. **To prepare crust:** Whisk whole-wheat flour, all-purpose flour, 2 tablespoons sugar and salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times—the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into 5-inch-wide disks. Wrap each in plastic and refrigerate for at least 1 hour.

2. **To prepare filling:** Just before you're ready to roll out the dough, process tapioca in a spice grinder, mini food processor or blender until finely ground. Combine with strawberries, rhubarb, sugar, lemon juice, nutmeg and salt in a large bowl; toss well to combine.

3. Position a rack in the center of the oven and place a foil-lined baking sheet on the rack below; preheat to 425°F.

4. Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Peel off the remaining paper. Moisten the outer edge of the dough with water. Scrape the filling and any accumulated juices into the crust.

5. **To prepare lattice top:** Roll the remaining dough between sheets of parchment or wax paper into a 12-inch circle. Peel off the top sheet. Cut the dough into 1-inch strips using a pastry wheel or a knife. Lift off every other strip (photo 1) and lay them on top of

the pie, leaving about a 1-inch gap between strips (photo 2). Use the shorter strips for the edges and the longer ones for the middle of the pie. (You may not need to use the outermost strips.) Fold back the first, third and fifth strips of dough to the edge of the pie. Place a shorter strip of dough across the second and fourth strips, about 1 inch from the edge. Unfold the folded strips over the crosswise strip (photo 3). Fold back the second and fourth strips over the first crosswise strip (photo 4). Place another strip crosswise, about 1 inch from the first. Unfold the strips over alternating strips and place crosswise strips until the top is covered with woven strips. Trim any overhanging crust (photo 5). Crimp the outer edge with a fork (photo 6). Brush the dough with egg white; sprinkle 1 teaspoon sugar (if using) over just the lattice top, not the outer edge.

6. Bake the pie for 20 minutes. Then rotate the pie 180 degrees and lower the oven temperature to 325°. Continue baking until the crust is golden and the filling is beginning to bubble, 30 to 35 minutes more. Cool on a wire rack for at least 2 hours before serving.

PER SERVING: 295 calories; 10 g fat (4 g sat, 4 g mono); 15 mg cholesterol; 47 g carbohydrate; 16 g added sugars; 4 g protein; 3 g fiber; 83 mg sodium; 170 mg potassium. NUTRITION BONUS: Vitamin C (70% daily value), Folate (16% daily value).

EatingWell Tip

Use whole-wheat pastry flour to replace some of the all-purpose flour in delicate baked goods like this pie crust. It has less protein and therefore less gluten-forming potential so it stays tender. Plus it adds fiber.



THE SIMPLE ART OF EATINGWELL ■ DESSERTS 425

EatingWell Tip

Use whole-wheat pastry flour to replace some of the all-purpose flour in delicate baked goods like this pie crust. It has less protein and therefore less gluten-forming potential so it stays tender. Plus it adds fiber.

Shopping Tips in recipes

Try to help people find whole-grain products they might not be familiar with.

Almond & Honey-Butter Cookies

MAKES: about 3½ dozen cookies
ACTIVE TIME: 40 minutes | TOTAL: 2½ hours
TO MAKE AHEAD: Store in a single layer in an airtight container for up to 2 days.

This thumbprint cookie uses honey as the only sweetener and tender ground almonds to replace much of the butter found in similar cookies. Just a touch of butter mixed with honey in the filling gives it a rich flavor without too much saturated fat. Shopping Tip: Look for whole-wheat pastry flour in the natural-foods section of large supermarkets and natural-foods stores.

- 1 cup whole almonds, toasted (see Tip, page 486)
- ¼ cups whole-wheat pastry flour (see Shopping Tip)
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¾ cup plus ¼ cup honey, divided
- ¼ cup canola oil
- 4 tablespoons unsalted butter, softened (see How To, page 429), divided
- 1 large egg
- 1 teaspoon vanilla extract
- 3 tablespoons toasted sliced almonds (see Tip, page 486) for garnish

1. Process whole almonds in a food processor or blender until finely ground (you will have about 1¼ cups ground). Transfer to a large bowl and add whole-wheat flour, all-purpose flour, baking powder and salt; stir until just combined. Beat ¾ cup honey, oil and 3 tablespoons butter in a mixing bowl with an electric mixer on medium speed until well combined. Add egg and vanilla and beat until blended. Add the wet ingredients to the dry ingredients; stir to combine. Refrigerate the dough for 1 hour.

2. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray or line with parchment paper or non-stick baking mats.

3. Roll tablespoons of dough into 1-inch balls and place on the prepared baking sheets about 2 inches apart. Press the tip of your index finger in the center of each cookie to make an indentation. Bake the cookies, in batches, until set and barely golden on the bottom, 13 to 15 minutes. Transfer to a wire rack; let cool for 30 minutes.

4. Combine the remaining ¼ cup honey and 1 tablespoon butter in a small bowl until creamy. Use about ¼ teaspoon to fill each cookie and top with 2 sliced almonds, if desired.

PER COOKIE: 94 calories; 5 g fat (1 g sat, 3 g mono); 8 mg cholesterol; 12 g carbohydrate; 6 g added sugars; 2 g protein; 1 g fiber; 42 mg sodium; 33 mg potassium.



This thumbprint cookie uses honey as the only sweetener and tender ground almonds to replace much of the butter found in similar cookies. Just a touch of butter mixed with honey in the filling gives it a rich flavor without too much saturated fat. Shopping Tip: Look for whole-wheat pastry flour in the natural-foods section of large supermarkets and natural-foods stores.

Baking

Try for 100% whole grain.

Often use blends of flours (here oat flour and whole-wheat pastry.)

Often use 50/50 blend of all-purpose and whole-grain flour for best texture and flavor.



*These cookies taste decadent, yet are made with ingredients that have healthful benefits: oats, almonds, fruit and chocolate. The thumbprints are versatile—use a different type of filling or different extracts to create a completely different cookie. This recipe calls for whole almonds and then we grind them in a blender. You can make the cookies with already ground almond flour—you'll need 1¼ cups. (Photograph: page 426.) **Shopping Tip:** Oat flour, made from finely milled whole oats, is a good source of dietary fiber and whole grains. It can replace some of the all-purpose flour in many baking recipes and adds an oat flavor and texture.*

Raspberry-Chocolate Thumbprint Cookies

MAKES: about 2 dozen cookies
ACTIVE TIME: 30 minutes | TOTAL: 1 hour | TO MAKE AHEAD: Store in an airtight container for up to 2 days.

*These cookies taste decadent, yet are made with ingredients that have healthful benefits: oats, almonds, fruit and chocolate. The thumbprints are versatile—use a different type of filling or different extracts to create a completely different cookie. This recipe calls for whole almonds and then we grind them in a blender. You can make the cookies with already ground almond flour—you'll need 1¼ cups. (Photograph: page 426.) **Shopping Tip:** Oat flour, made from finely milled whole oats, is a good source of dietary fiber and whole grains. It can replace some of the all-purpose flour in many baking recipes and adds an oat flavor and texture.*

- 1 cup whole almonds
- 1½ cups whole-wheat pastry flour (see Tip, page 485)
- ½ cup oat flour (see Shopping Tip)
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup light oil, such as safflower or canola
- ½ cup maple syrup
- ¼ cup apple juice
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- ½ cup chocolate chips, preferably bittersweet
- 2 tablespoons raspberry preserves

1. Position rack in center of oven; preheat to 350°F. Coat a baking sheet with cooking spray or line with parchment paper or a nonstick baking mat.

2. Process almonds in a blender in 2 batches until finely ground. Transfer to a large bowl and add whole-wheat flour, oat flour, baking powder and salt. Whisk oil, maple syrup, apple juice, almond and vanilla extracts in a medium bowl. Add the wet ingredients to the dry ingredients; stir to combine. Use your hands to knead the dough together; add 1 to 2 tablespoons additional apple juice if the mixture is too crumbly.


3. Form level tablespoonfuls of dough into balls and place on the prepared baking sheet about 2 inches apart. Gently flatten each ball into a disk, then make an indentation in the center using your thumb or a small spoon. Place a few chocolate chips in each indentation, then cover with ¼ teaspoon preserves.

4. Bake the cookies, one batch at a time, until golden around the edges, 15 to 17 minutes. Transfer to a wire rack to cool completely.

PER COOKIE: 126 calories; 7 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 14 g carbohydrate; 6 g added sugars; 2 g protein; 2 g fiber; 68 mg sodium; 67 mg potassium.

Serving suggestions

When a side suggestion is a grain, generally it's whole.

 *This easy chicken sauté is boldly seasoned with aromatic cumin and fennel; the seeds are toasted in a skillet before grinding to bring out the most flavor. If you don't want to buy a whole jar of the spices, look for them in the bulk spice section in natural-foods stores and buy just what you need for this recipe. **Serve over brown rice, millet or quinoa.***




maintaining ¼ teaspoon salt and continue to beat until the whites hold their shape; do not over-beat. (You'll know they are ready when you lift the beaters out and the peak doesn't flop over.)
5. Using a rubber spatula, gently stir one-third of the whites into the egg yolk mixture to lighten it. Gently fold in the remaining egg whites just until blended. Divide the soufflé mixture among the prepared ramekins, filling them almost to the top. (Discard any leftover mixture or prepare another ramekin for another soufflé.)
6. Bake the soufflés on the bottom rack until puffy and golden and an instant-read thermometer inserted into the center registers 145°F; 20 to 25 minutes. Do not overcook—the centers will look soft.

PER SERVING: 205 calories, 13 g fat (7 g sat, 4 g mono), 167 mg cholesterol, 9 g carbohydrate, 0 g added sugars, 14 g protein, 1 g fiber, 372 mg sodium, 296 mg potassium. **NUTRITION BONUS:** Folate (22% daily value), Vitamin A (21% dv).

Indian-Spiced Chicken & Asparagus

MAKES: 4 servings, about 1 cup each
ACTIVE TIME: 40 minutes | **TOTAL:** 40 minutes
COST PER SERVING: under \$4

 *This easy chicken sauté is boldly seasoned with aromatic cumin and fennel; the seeds are toasted in a skillet before grinding to bring out the most flavor. If you don't want to buy a whole jar of the spices, look for them in the bulk spice section in natural-foods stores and buy just what you need for this recipe. Serve over brown rice, millet or quinoa.*



- 1½ teaspoons cumin seeds
- 1½ teaspoons fennel seeds
- 1 pound chicken tenders, cut into bite-size chunks
- ¼ teaspoon salt, divided
- 2 tablespoons canola oil, divided
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 small fresh chile, seeded and minced
- 1 tablespoon minced fresh ginger
- 1½ bunches asparagus (about 1½ pounds), woody ends trimmed, cut into 1-inch pieces
- ½ cup "lite" coconut milk (see Tip, TK)
- ½ cup chopped fresh cilantro


1. Toast cumin and fennel seeds in a small dry skillet over medium heat until fragrant and beginning to brown, about 2 minutes. Finely grind in a spice grinder (such as a clean coffee grinder) or with a mortar and pestle.
2. Toss chicken with 1½ teaspoons of the spice mixture and ½ teaspoon salt in a bowl. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, stirring frequently, until browned, 3 to 4 minutes. Remove to a plate.
3. Reduce heat to medium and add the remaining 1 tablespoon oil, onion, garlic, chile and ginger; cook, stirring, until softened, 2 to 3 minutes. Add asparagus, sprinkle with the remaining spice mixture and cook, stirring, for 2 minutes. Stir in coconut milk and the remaining ½ teaspoon salt and simmer for 2 minutes more. Return the chicken and any accumulated juice to the pan and cook until the chicken is just cooked through and the asparagus is tender-crisp, about 2 min-

utes more. Serve sprinkled with cilantro.

PER SERVING: 249 calories, 12 g fat (3 g sat, 6 g mono), 63 mg cholesterol, 9 g carbohydrate, 0 g added sugars, 26 g protein, 3 g fiber, 514 mg sodium, 477 mg potassium. **NUTRITION BONUS:** Folate (34% daily value), Vitamin A (21% dv), Vitamin C (20% dv).

Asparagus Salad Topped with Poached Eggs

MAKES: 4 servings
ACTIVE TIME: 30 minutes | **TOTAL:** 30 minutes
TO MAKE AHEAD: Cover and refrigerate the dressing (Step 3) for up to 1 day.
COST PER SERVING: under \$4.50

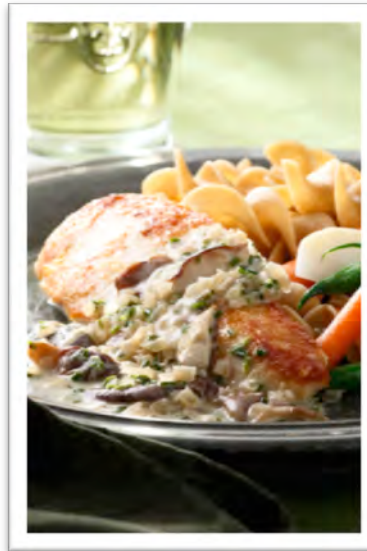
 *This salad is satisfying yet light, making it a nice option for lunch, brunch or even dinner with some crusty bread. Roasting brings out a toasty flavor in the asparagus. We like this salad with medium-set poached eggs so the yolks are still a little runny, but poach your eggs for the full 8 minutes if you prefer hard-set yolks.*

- 2 bunches asparagus (about 1 pound each), trimmed
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon kosher salt, divided
- ½ teaspoon freshly ground pepper, divided
- Zest of 1 lemon
- 2 tablespoons lemon juice
- 1 tablespoon minced shallot
- ½ teaspoon dry mustard
- 4 large eggs

WEB BONUS: Find our recipe for Poached Cod & Asparagus at eatingwell.com.

Food styling for recipe photos

From whole-wheat egg noodles to whole-wheat buns, whole-grains are on the plate to round out our meals.



Refined grains are the exception

Occasionally we opt for refined grains:

Regular panko for flavor with these asparagus spears

Arborio rice for texture and tradition in risotto

A white bun for a classic look in the pulled pork photo

