



IN HARVEST

Whole Grains, Rice and Legumes

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“Everybody’s doing quinoa—at least Kamut still has a nice grainier-than-thou quality.”





Puffed Whole Grain Rice S'mores



Quinoa Flatbread



Puffed-Rice-Crusted Chicken Breast



Whole Grain Shaker Salad Trio



Sorghum Breakfast Porridge



Beer Cheese Soup with Popped Sorghum



Sunrise Breakfast Parfaits



Puffed Rice Crisps with Tuna Poke



**Sprouted Red Rice &
Baby Greens Breakfast Salad**



Sunrise Caribbean Pineapple Crisp



Wild Mushroom & Tuxedo Barley Salad



Greenwheat Freekeh™ Veggie Burger



Vegan Aztec Burger



Greenwheat Freekeh™ Vegetarian Meatballs



Whole Grain Stuffed Dumplings



Korean Whole Grain Bowl



Monterey Jack Quesadilla with Beans & Quinoa



Brussels Sprouts & Greenwheat Freekeh™ Hash



Black Barley Blend Pork Chile Verde



Red and Wild Breakfast Burrito