



AMARANTH

Cook 1 cup dry grain with: 2 cups liquid (expands to 2½ cups cooked grain)

Cook Time: Bring to boil, then simmer 15–20 minutes

Best Uses: Porridge or polenta style recipes. Great thickener for stews. Can also be popped like popcorn. Tiny sized grains almost burst between your teeth. Not well suited for grain salads or pilafs.

Flavor Profile: Peppery taste, with a pleasantly sweet, grassy aroma. Pairs well with squash, corn, sesame, cinnamon, vanilla, and chocolate.

Gluten-free? Yes

History: Technically a pseudo-grain, amaranth is a staple of the Aztecs, with a long history in Mexican & Peruvian cuisine (later becoming popular in Nepal, India, and other countries). It's typically enjoyed as breakfast porridge throughout Latin America and Southeast Asia, but in Mexico, it's also served popped with honey as a sweet snack called *allegria*.

Nutrition in 1 serving (¾ cup uncooked): 180 calories, 3g fiber, 7g protein. Excellent source of magnesium, manganese & phosphorus. Good source of iron, copper, selenium, and Vitamin B6.

Recipe Ideas:

- » Orange Scented Amaranth Porridge with Apricots and Pine Nuts (Maria Speck, *Simply Ancient Grains*)
- » Amaranth Muesli with Toasted Seeds (Amy Chaplin, *At Home in the Whole Food Kitchen*)
- » Vanilla Amaranth with Peach Compote (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Spicy Beef Chili with Amaranth and Lime (Maria Speck, *Simply Ancient Grains*)
- » Amaranth Polenta with Wild Mushrooms (Lorna Sass, *Whole Grains: Every Day, Every Way*)
- » Pea and Goat Cheese Amaranth Risotto (Jodi Moreno, *Grains as Mains*)
- » Popped Amaranth and Sesame Candies (Ann Taylor Pittman, *Everyday Whole Grains*)

BARLEY (LOOK FOR “WHOLE GRAIN,” “HULLED,” OR “DEHULLED,”)

Cook 1 cup dry grain with: 3 cups liquid (expands to 3½ cups cooked grain)

Cook Time: Bring to boil, then simmer 45–60 minutes (some brands recommend an overnight soak)

Best Uses: Pleasantly firm chew makes it ideal for grain salads and pilafs. Great substitute for rice, especially in curries, stir fries, and risottos. (Note that pearled barley is not whole grain.)

Flavor Profile: Rich flavor with a mild sweetness. Pairs well with mushrooms, root vegetables, warm spices, and fall flavors (like apple).

Gluten-free? No

History: One of the oldest grains cultivated in the Fertile Crescent, barley (often cooked as a porridge or baked into a crude bread) was also one of the first grains eaten in the ancient cuisines of China and Egypt, and was an important source of nutrition during Greek and Roman times.

Nutrition in 1 serving (¾ cup uncooked): 160 calories, 8g fiber (more than any other whole grain!), 6g protein. Excellent source of manganese, selenium, and thiamin. Good source of magnesium, phosphorus, copper, and niacin.

Recipe Ideas:

- » Barley and Wild Rice Dressing with Fennel, Apples, and Marsala (Maria Speck, *Simply Ancient Grains*)
- » BBQ Baked Barley (Ann Taylor Pittman, *Everyday Whole Grains*)
- » French Onion Soup with Barley (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Greek Inspired Fresh Artichokes with Barley and Tomatoes (Maria Speck, *Simply Ancient Grains*)
- » Pecan and Barley Burgers with Peach Ketchup (Robin Asbell, *The Whole Grain Promise*)
- » Crystalized Ginger and Barley Tea Bread (Robin Asbell, *The New Whole Grains Cookbook*)



BUCKWHEAT

Cook 1 cup dry grain with: 2 cups liquid (expands to 4 cups cooked grain)

Cook Time: Bring to boil, then simmer 20 minutes

Best Uses: To keep the grains from becoming too creamy, buckwheat is often coated with an egg (or other fat) before cooking. These pyramidal shaped grains work well in casseroles, and breakfast porridges. Buckwheat flour is quite versatile, adding richness to soba noodles, pancakes, and pastries. Flavor Profile: Robust and earthy. Pairs well with dried fruit, dark spices, beets, walnuts, and hazelnuts. Untoasted (raw) buckwheat groats have a much milder flavor than toasted buckwheat (kasha).

Gluten-free? Yes

History: Technically a pseudo-grain (it is not even related to wheat), buckwheat has a strong history in Asian and Eastern European cuisine because it can grow in cold climates. It is the grain of choice in traditional dishes around the globe, including French crepes, Russian blini, Japanese soba noodles, and Jewish kasha. Buckwheat is also a popular cover crop, restoring the soil between seasons of farming.

Nutrition in 1 serving (¾ cup uncooked): 140 calories, 4g fiber, 5g protein. Excellent source of magnesium, copper, and manganese. Good source of phosphorus, riboflavin, and niacin.

Recipe Ideas:

- » Chocolate Buckwheat Waffles with Juicy Berries (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Cheesy Buckwheat with Kale and Mushrooms (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Savory Kasha with Parsnips (Robin Asbell, *The Whole Grain Promise*)
- » Beet and Buckwheat Borscht with Parsley-Yogurt Garnish (Robin Asbell, *The Whole Grain Promise*)
- » Thai Buckwheat Larb (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Buckwheat Gingerbread (Alice Medrich, *Flavor Flours*)
- » Buckwheat Butter Cookies (Claire Ptak, *The Violet Bakery Cookbook*)

BULGUR WHEAT

Cook 1 cup dry grain with: 2 cups liquid (expands to 3 cups cooked grain)

Cook Time: Bring to boil, then simmer 10–12 minutes (fine bulgur reconstitutes just by soaking)

Best Uses: The fluffy, chewy texture makes it ideal for grain salads, sides, and pilafs. Great for adding substance to light dishes. It also is delicious served warm as a creamy breakfast porridge.

Flavor Profile: Nutty, wheat flavor. Pairs well with parsley, tomatoes, cinnamon, and most fresh produce.

Gluten-free? No

History: Bulgur is wheat that's been pre-cooked then cracked into smaller pieces (hence, the quick cooking time). In fact, some call it "ancient fast food." Bulgur wheat has a rich history in Eastern Mediterranean cuisine, dating back to Egypt and the Ottoman Empire.

Nutrition in 1 serving (¾ cup uncooked): 120 calories, 4g fiber, 4g protein. Excellent source of manganese. Good source of magnesium, phosphorus, and niacin.

Recipe Ideas:

- » Overnight Peanut Butter Bulgur with Berries (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Bulgur Pilaf with Fresh Tomatoes, Thick Yogurt, and Fried Onion Strings (Paula Wolfert, *Mediterranean Grains and Greens*)
- » Zeliha Gungoren's Scallion Bulgur Pilaf with Golden Raisin Hoshaf (Paula Wolfert, *Mediterranean Grains and Greens*)
- » Mexican Stuffed Poblanos (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Lamb Burgers with Bulgur and Mint (Maria Speck, *Ancient Grains for Modern Meals*)
- » Creamy Bulgur with Honey and Tahini (Maria Speck, *Simply Ancient Grains*)



CORN

Cook 1 cup dry whole grain cornmeal with: 4 cups liquid (expands to 2½ cups cooked grain)

Cook Time: Bring to boil, then simmer 25–35 minutes

Best Uses: Whole grain cornmeal is best suited for porridge or polenta style recipes. (Note: If it says degerminated, it's not whole grain!) Great thickener for stews. Not well suited for grain salads or pilafs. Popcorn is also considered a whole grain (although fresh corn, such as corn on the cob, is not).

Flavor Profile: Sweet taste. Pairs well with chiles, berries, stone fruit, aromatic spices, tomatoes, cumin, peppers, and beans.

Gluten-free? Yes

History: Corn is native to the Americas, and has a rich history in Aztec, Mayan, and Native American diets.

Nutrition in 1 serving (¼ cup uncooked): 110 calories, 2g fiber, 2g protein. Good source of phosphorus, magnesium, manganese, selenium, and thiamin.

Recipe Ideas:

- » Cornmeal Pancakes with Warm Cherry Sauce (Maria Speck, *Ancient Grains for Modern Meals*)
- » Orange Polentina with Honey Mascarpone Topping (Maria Speck, *Ancient Grains for Modern Meals*)
- » Sweet Corn and Zucchini Quiche with Cornmeal Crust (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Whole Grain Cornbread (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Savory Grits with Slow-Cooked Collard Greens (Bryant Terry, *Afro-Vegan*)
- » Rustic Fall Polenta with Fontina and Sun-Dried Tomatoes (Maria Speck, *Ancient Grains for Modern Meals*)
- » Almond Polenta Tart with Sherried Plum Compote (Maria Speck, *Simply Ancient Grains*)

FREEKEH GREEN WHEAT

Cook 1 cup dry grain with: 2½ cups liquid (expands to about 2½ to 3 cups cooked grain)

Cook Time: Bring to boil, then simmer 20–25 minutes (longer if not using cracked freekeh)

Best Uses: The fluffy, chewy texture makes it ideal for grain salads, sides, and pilafs. Great for adding substance to light dishes. Flavorful grain base for meat dishes and other entrees.

Flavor Profile: Signature smoky flavor. Pairs well with Middle Eastern flavors, especially cinnamon, tomatoes, lemon, and pine nuts.

Gluten-free? No

History: Found mostly in Middle Eastern and North African cuisine, freekeh wheat traces its roots back several thousand years to ancient Egypt and surrounding areas. Legend has it that freekeh was discovered when an ancient village in the Eastern Mediterranean hurriedly picked young wheat before an attack on their city. Attackers' fires burned the young wheat, but the result was quite delicious.

Nutrition in 1 serving (¼ cup uncooked): 160 calories, 6g fiber, 7g protein. Good source of iron.

Recipe Ideas:

- » Apple Cinnamon Breakfast Freekeh (Jodi Moreno, *Grains as Mains*)
- » Kale and Freekeh Frittata (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Roasted Cauliflower and Freekeh Salad (Gena Hamshaw, *Food52 Vegan*)
- » Freekeh with Chard and Roasted Carrots (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Middle Eastern Freekeh Salad with Sesame Yogurt Dressing (Robin Asbell, *The Whole Grain Promise*)
- » Baked Chicken Freekeh Paella (Jodi Moreno, *Grains as Mains*)
- » Baked Moroccan Lamb Stew with Freekeh (Jodi Moreno, *Grains as Mains*)



MILLET

Cook 1 cup dry grain with: 2½ cups liquid (expands to 4 cups fluffy, cooked grain)

Cook Time: Bring to boil, then simmer 25–35 minutes

Best Uses: Depending on how much liquid you use, millet can be prepared fluffy (for pilafs and grain salads), sticky (for croquettes and patties), or creamy (for warm porridge). Millet is also a delightful base for curries, stir fries, and pilafs. Best served warm.

Flavor Profile: Buttery. Pairs well with mushrooms, herbs, warm spices, scallions, and squash.

Gluten-free? Yes

History: Millet is one of the leading staple grains of India, and was also used in ancient Chinese noodles before wheat was domesticated. Although common in birdseed in the US, nutritious millet is also important to the cuisines of South America, Russia, the Himalayas, and Africa.

Nutrition in 1 serving (¾ cup uncooked): 190 calories, 4g fiber, 6g protein. Excellent source of manganese. Good source of magnesium, phosphorus, copper, thiamin, and niacin.

Recipe Ideas:

- » Fresh Peach, Banana, and Warm Millet Smoothie (Bryant Terry, *Afro-Vegan*)
- » Millet and Sweet Potato Porridge (Bryant Terry, *Afro-Vegan*)
- » Orange Millet Scones (Sharon Palmer, *Plant Powered for Life*)
- » Creamy Curried Carrot-Millet Soup with Mint (Robin Asbell, *The Whole Grain Promise*)
- » Millet Cauliflower Mashed Potatoes (Robin Asbell, *The New Whole Grains Cookbook*)
- » Millet, Squash, and Sweet Corn Pilaf with Tamari Roasted Pumpkin Seeds (Amy Chaplin, *At Home in the Whole Food Kitchen*)
- » Dirty Millet (Bryant Terry, *Afro-Vegan*)
- » Lemony Millet Pudding with Caramelized Grapes (Maria Speck, *Simply Ancient Grains*)

OATS

Cook 1 cup dry steel cut oats with: 4 cups liquid (expands to 3 cups cooked grain)

Cook Time: Bring to boil, then simmer 30 minutes

Best Uses: Porridge or polenta style recipes. Steel cut oats can also be substituted for rice in risotto style recipes. Not well suited for grain salads or pilafs.

Flavor Profile: Sweet toasty aroma with hints of butterscotch. Pairs well with cinnamon, dried and fresh fruit, thyme, mushrooms, walnuts, coffee, and coconut.

Gluten-free? Yes. (Check for certified gluten-free oats, as oats are frequently cross contaminated with gluten during growing and processing.)

History: Oats are the porridge of choice in Scotland, Ireland, and other northern European nations, as they grow best in cool, rainy climates. Today, most oats are steamed and flattened to produce rolled oats, quick oats, or instant oats—but all are whole grain, as the bran and germ are virtually always left intact. Oats have also been used in cosmetics for their anti-itching properties.

Nutrition in 1 serving (¾ cup uncooked): 150 calories, 4g fiber, 7g protein. Excellent source of phosphorus, manganese, and thiamin. Good source of iron, magnesium, zinc, and copper.

Recipe Ideas:

- » Boil-and-Leave Steel Cut Oats (Robin Asbell, *The Whole Grain Promise*)
- » Sprouted Lentil Granola with Apricots (Sharon Palmer, *Plant Powered for Life*)
- » Dark Chocolate Muesli with Hazelnuts (Maria Speck, *Ancient Grains for Modern Meals*)
- » Sweet Potato and Oat Cakes with Blue Cheese and Sage (Maria Speck, *Simply Ancient Grains*)
- » Steel Cut Oats Risotto with Asparagus (Sharon Palmer, *Plant Powered for Life*)
- » Chocolate Oat Agave Cookies (Claire Ptak, *The Violet Bakery Cookbook*)
- » Pistachio Golden Raisin Cookies with Cardamom (Amy Chaplin, *At Home in the Whole Food Kitchen*)



QUINOA

Cook 1 cup dry grain with: 2 cups liquid (expands to 3 cups cooked grain)

Cook Time: Bring to boil, then simmer 12–15 minutes

Best Uses: Pleasantly firm chew even when served chilled, making it ideal for both warm and cold grain salads. Popular in sides and pilafs.

Flavor Profile: Hints of grassiness. Pairs well with nearly anything, especially Latin American ingredients (corn, black beans, avocado, citrus, cilantro, peppers, & tomatoes). Be sure to rinse well before cooking, as quinoa has a bitter outer coating (saponin) that needs to be washed off.

Gluten-free? Yes

History: Technically a pseudo-grain (related to chard), quinoa was sacred to the Incas, and has been central to Bolivian and Peruvian diets for centuries. It's primarily grown high up in the Andes mountains, but some US producers are starting to grow their own also. Quinoa is one of the few plant foods that serves up a complete protein, offering all essential amino acids in a healthy balance.

Nutrition in 1 serving (¼ cup uncooked): 160 calories, 3g fiber, 6g protein. Excellent source of magnesium, phosphorus, and manganese. Good source of iron, copper, thiamin, and Vitamin B6.

Recipe Ideas:

- » Quinoa, Hazelnut, and Cherry Granola (Claire Ptak, *The Violet Bakery Cookbook*)
- » Herbed Black Quinoa Muffins with Sweet Potato and Caramelized Onions (Amy Chaplin, *At Home in the Whole Food Kitchen*)
- » Quinoa Congee (Amy Chaplin, *At Home in the Whole Food Kitchen*)
- » Mushroom, Chard, and Quinoa Enchiladas (Gena Hamshaw, *Food52 Vegan*)
- » Grilled Scallops with Orange Scented Quinoa (Giada de Laurentiis, *Giada's Feel Good Food*)
- » Cranberry, Orange, and Chocolate Quinoa Bars (Jodi Moreno, *Grains as Mains*)

RICE (BROWN RICE, BLACK RICE, RED RICE, ETC.)

Cook 1 cup dry brown rice with: 2½ cups liquid (expands to 3 cups cooked grain)

Cook Time: Bring to boil, then simmer 25–45 minutes (varies)

Best Uses: Great as a base in curries, stir fries, risottos, and rice pudding. In fried rice, brown rice needs less oil. Shorter-grain rices are stickier, best suited for sushi and risotto, while longer-grain rices are great for pilafs. Can also be cooked in stock until soft and starchy, then blended and subbed for heavy cream (see Creamy Broccoli Cheese Soup below). In gluten-free baking, the bran and germ in brown rice flour also help make it less gummy.

Flavor Profile: Neutral, toasty flavor with hints of caramel. Accentuates other flavors, and pairs well with nearly anything, especially eggs, milk, and chocolate.

Gluten-free? Yes

History: Rice is grown on every continent except Antarctica, and has been a staple of cultures and cuisines for millennia. Rice provides 19% of the calories available worldwide, with an especially strong history in Asian cuisine. Whole grain rice is not just brown; it can also be red, black, or other colors.

Nutrition in 1 serving (¼ cup uncooked): 110 calories, 2g fiber, 2g protein. Good source of phosphorus, magnesium, manganese, selenium, and thiamin.

Recipe Ideas:

- » Black Rice Breakfast Pudding with Coconut and Banana (Amy Chaplin, *At Home in the Whole Food Kitchen*)
- » Creamy Broccoli Cheese Soup (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Chicken and Vegetable Biryani (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Saffron Risotto with White-Wine Clams and Peas (Maria Speck, *Ancient Grains for Modern Meals*)
- » Black Sesame Rice Crackers (Amy Chaplin, *At Home in the Whole Food Kitchen*)
- » Curried Corn and Coconut Rice (Bryant Terry, *Afro-Vegan*)
- » Almond and Brown Rice Brownies (Alice Medrich, *Flavor Flours*)
- » Brown Rice Pecan Sandies (Ann Taylor Pittman, *Everyday Whole Grains*)



RYE & TRITICALE (A WHEAT-RYE HYBRID)

Cook 1 cup dry grain with: 4 cups liquid (expands to 3 cups cooked grain)

Cook Time: After soaking overnight, bring to boil, then simmer 45–60 minutes.

Best Uses: Rye berries & triticale berries can be used interchangeably with wheat berries in most recipes, and work especially well in pilafs, casseroles, and grain salads. Rye flour adds a distinct, rich flavor to baked goods, especially in yeast breads. Rye flakes and rye grits work well in breakfast porridge or polenta style recipes.

Flavor Profile: Rich and slightly tangy. Works well in Eastern European recipes, especially with cabbage, beets, mustard, raisins, and sweet and sour flavors.

Gluten-free? No

History: Because rye can grow in colder climates where many other grains can't survive, it has a long tradition in the cuisines of Russia, Poland, Scandinavia, Argentina, Turkey, China, and Canada. Rye and wheat have long cross-bred in nature, but it wasn't until 1937 that the mash-up called triticale became a fertile crop. Triticale grows easily without commercial fertilizers and pesticides.

Nutrition in 1 serving rye (¼ cup uncooked): 140 calories, 6g fiber, 4g protein. Excellent source of manganese. Good source of magnesium, phosphorus, copper, selenium, and niacin.

Recipe Ideas:

- » Sweet Potato, Coconut, Date, and Rye Muffins (Claire Ptak, *The Violet Bakery Cookbook*)
- » Oven Rye Porridge (Darra Goldstein, *Fire and Ice: Classic Nordic Cooking*)
- » Leek Salad with Grilled Halloumi Cheese and Rye Berries (Maria Speck, *Ancient Grains for Modern Meals*)
- » Flemish Beef Stew with Caramelized Onions and Rye (Maria Speck, *Simply Ancient Grains*)
- » Lamb, Toasted Rye Berry, and Apricot Tagine (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Aroma Bread With Coriander and Fennel (Maria Speck, *Ancient Grains for Modern Meals*)
- » Rye Chocolate Brownies (Claire Ptak, *The Violet Bakery Cookbook*)

SORGHUM

Cook 1 cup dry grain with: 4 cups liquid (expands to 3 cups cooked grain)

Cook Time: Bring to boil, then simmer 25–40 minutes

Best Uses: Pleasantly firm chew makes it ideal for grain salads and pilafs. Its pearly shape makes it a great substitute for couscous. Can also be popped, like popcorn. Sorghum flour performs beautifully in pancakes, waffles, crepes, and cookies.

Flavor Profile: Sweet taste, with hints of corn or wheat flavor. Pairs especially well with Southern ingredients, like ham, bourbon, pecans, peanuts, berries, dates, figs, banana, and warm spices.

Gluten-free? Yes

History: Sorghum (also called milo) is believed to have originated in Africa, where it remains an important cereal grain, even today. It is naturally drought tolerant, making it a smart choice for diners eating with their environmental footprint in mind. Traditionally, sorghum is used in porridges, flatbreads, and even beverages.

Nutrition in 1 serving (¼ cup uncooked): 160 calories, 3g fiber, 5g protein. Excellent source of manganese. Good source of magnesium, phosphorus, selenium, and vitamin B6.

Recipe Ideas:

- » Sorghum and Eggs Ranchero (Jodi Moreno, *Grains as Mains*)
- » Spring Vegetable and Sorghum Minestrone (Jodi Moreno, *Grains as Mains*)
- » Grilled Raddichio and Sorghum Pilaf (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Milo Salad with Oregano, Feta Cheese, and Cucumbers (Jesse Cool, *The Oldways Table*)
- » Sorghum Ice Cream with Peanut Brittle (Alice Medrich, *Flavor Flours*)
- » Puffed Sorghum Salted Caramel Popcorn Balls (Jodi Moreno, *Grains as Mains*)



TEFF

Cook 1 cup dry grain with: 3 cups liquid (expands to 2½ cups cooked grain)

Cook Time: Bring to boil, then simmer 20 minutes

Best Uses: Porridge or polenta style recipes. Great thickener for stews. Not well suited for grain salads or pilafs. Teff flour adds a rich, cocoa flavor to baked goods.

Flavor Profile: Slightly sweet taste with undertones of cocoa and hazelnut. Pairs well with nuts, chocolate, seeds, pumpkin, and dark fruit.

Gluten-free? Yes

History: Teff is a tiny (less than 1mm) grain native to the Horn of Africa, where nomads could carry enough teff seed in their pocket to sow an entire field. In fact, its name may come from the Amharic word for “lost” because the seed is so tiny. Teff is most well known as the main ingredient in injera, the spongy flatbread that Ethiopians use in place of utensils.

Nutrition in 1 serving (¾ cup uncooked): 180 calories, 4g fiber, 6g protein. Excellent source of magnesium, copper, and manganese. Good source of iron, phosphorus, zinc, thiamin, and vitamin B6.

Recipe Ideas:

- » Teff Porridge with Dates, Figs, and Pistachios (Sharon Palmer, *Plant Powered for Life*)
- » Crispy Teff and Grit Cakes with Eggplant, Tomatoes, and Peanuts (Bryant Terry, *Afro-Vegan*)
- » Cajun-Spiced Shrimp on Creamy, Cheddar Teff (Ann Taylor Pittman, *Everyday Whole Grains*)
- » African Sweet Potato, Teff, and Greens Stew (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Superfast Injera (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Peanut Butter and Jelly Thumbprint Cookies (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Bittersweet Teff Brownies (Alice Medrich, *Flavor Flours*)

WHOLE WHEAT FLOUR (INCLUDING KAMUT®, SPELT & EINKORN FLOUR)

Best Uses: Whole wheat flour can be substituted for up to 50% of the all-purpose flour in a recipe without making adjustments. To convert a recipe to 100% whole wheat, add an extra 2 tsp liquid per cup of flour, then let the dough rest for 20 minutes after mixing. White whole wheat flour has a milder flavor and lighter color. Whole wheat pastry flour and sprouted whole wheat flour are also good options for baking, while whole grain spelt flour is well suited for pasta and pastries.

Flavor Profile: Hearty and slightly nutty. Pairs well with nearly everything, especially honey, chicken, squash, mushrooms, cheese, and warm spices.

Gluten-free? No

History: Wheat is one of the earliest domesticated grains, and even today provides 19% of available calories. Breads (nearly always made from wheat) have been a mealtime staple for centuries, and whole wheat breads in particular were especially common before the advent of roller milling in the late 1800's. Wheat was to the Mediterranean what rice was to Asia and corn was to Latin America.

Nutrition in 1 serving (¾ cup flour): 100 calories, 3g fiber, 4g protein. Good source of magnesium, phosphorus, and thiamin.

Recipe Ideas:

- » Prune, Oat, and Spelt Scones (Claire Ptak, *The Violet Bakery Cookbook*)
- » Whole Wheat Jalapeno Cheddar Scones (Leanne Brown, *Good and Cheap*)
- » Whole Wheat Molasses Yogurt Bread with Figs and Walnuts (Amanda Hesser, *Food52 Baking*)
- » Summer Spelt Almond Cake (Claire Ptak, *The Violet Bakery Cookbook*)
- » No-Knead ‘Stealth’ Bread (Robin Asbell, *The Whole Grain Promise*)
- » Kamut, Vanilla, and Chocolate Chip Cookies (Claire Ptak, *The Violet Bakery Cookbook*)
- » Almond Butter Brownies with Sea Salt (Amy Chaplin, *At Home in the Whole Food Kitchen*)
- » Easy Wheat and Olive Oil Tart Shell (Maria Speck, *Ancient Grains for Modern Meals*)



WHEAT BERRIES & ANCIENT WHEATS: EINKORN, EMMER/FARRO, KAMUT®, & SPELT

Cook 1 cup dry grain with: 2½–4 cups liquid (expands to 3 cups cooked grain)

Cook Time: Bring to boil, then simmer 25–40 minutes (some sources recommend soaking overnight)

Best Uses: Pleasant chew even when chilled, making it ideal for both warm and cold grain salads. Popular in sides and pilafs. Farro (also called emmer) is becoming popular in risotto (“farrotto”).

Flavor Profile: Nutty and slightly sweet. Pairs well with nearly anything!

Gluten-free? No

History: These ancient strains of wheat were first domesticated along the Fertile Crescent, but were largely ignored after modern dwarf wheat became popular in the mid 20th century (with the advent of the Green Revolution). Einkorn is thought to be the most ancient of wheat varieties available today, with just two sets of chromosomes (instead of six, like modern wheat).

Nutrition in 1 serving Kamut (¼ cup uncooked): 160 calories, 5g fiber, 7g protein. Excellent source of manganese, selenium, and thiamin. Good source of magnesium, phosphorus, zinc, and copper.

Recipe Ideas:

- » Crunchy Farro-Hemp Breakfast Bowl with Fresh Berries (Sharon Palmer, *Plant Powered for Life*)
- » Farro with Clementines and Yogurt Dressing (Robin Asbell, *The Whole Grain Promise*)
- » Chicken-Farro Salad (Andrew Weil, *True Food*)
- » Roasted Acorn and Delicata Squash Salad with Wheat Berries and Bitter Greens (Amy Chaplin, *At Home in the Whole Food Kitchen*)
- » Roasted Fall Vegetable and Cannellini Bean Stew with Spelt Berries and Kale (Amy Chaplin, *At Home in the Whole Food Kitchen*)
- » Herbed Spelt Berry Salad with Peas and Feta (Amy Chaplin, *At Home in the Whole Food Kitchen*)
- » Cinnamon-Soaked Wheat Berry Salad (Bryant Terry, *Afro-Vegan*)

WILD RICE

Cook 1 cup dry grain with: 3 cups liquid (expands to 3½ cups cooked grain)

Cook Time: Bring to boil, then simmer 45–55 minutes

Best Uses: Chewy texture makes it great in grain salads and pilafs, or for adding heartiness to green salads and light dishes. You can even pop wild rice, like popcorn. Just heat it in a little oil and shake until it pops.

Flavor Profile: Aromatic, nutty flavor. Pairs well with brown rice, caramelized onions, squash, root vegetables, and mushrooms.

Gluten-free? Yes

History: Wild rice is one of the few whole grains native to North America; it originated in the area of the upper Great Lakes (in what is now both the U.S. and Canada). It is not actually related to rice, but is instead a wild grass. Traditionally, wild rice was harvested in canoes powered only by long poles, using beater sticks to knock the ripe seeds into the bottom of the canoes.

Nutrition in 1 serving (¼ cup uncooked): 140 calories, 3g fiber, 6g protein. Excellent source of magnesium and manganese. Good source of phosphorus, zinc, copper, niacin, and folate.

Recipe Ideas:

- » Wild Rice and Lentil Salad (Ellen Ecker Ogden, *The Oldways Table*)
- » Brown and Wild Rice with Brussels Sprouts (Giada de Laurentiis, *Giada's Feel Good Food*)
- » Chicken, Wild Rice, and Corn Chowder (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Wild Rice Stuffing with Dried Cherries and Toasted Pecans (Ann Taylor Pittman, *Everyday Whole Grains*)
- » Wild Rice Haystacks (Ann Taylor Pittman, *Everyday Whole Grains*)