Just as different wines pair best with certain dishes, certain sauces and toppings go best with the nuttier, fuller taste of whole grain pasta. These toppings work especially well:

- Spicy peppers
- Aromatics: garlic, onion, leeks
- Strong or salty cheeses (Pecorino, Parmigiano-Reggiano, Feta, etc.)
- Mushrooms, especially morels, porcini or chanterelle
- Nuts
- Roasted, sweet vegetables, like winter squash, carrots, beets
- Garbanzo beans and other beans
- Assertive vegetables, like kale, cauliflower, or broccoli – accented with a little bacon or pancetta

Mixing develops the elastic gluten to help baked goods rise. But in foods leavened with baking soda or baking powder, overmixing white flour makes this “elastic” so thick that air bubbles can't expand. With whole wheat flour, bran cuts the gluten strands, allowing baked goods to expand even if overmixed.

According to America's Test Kitchen, by making fried rice with BROWN RICE, you can:
- CUT THE OIL IN HALF (since brown rice doesn’t clump together as much)
- use the pasta method of QUICKER COOKING
- and there's NO NEED TO WAIT for the rice to chill and harden (since brown rice is drier).