

# Recipes

## Easy and Delicious Whole Grain Dishes



### Start every day the whole grain way.

Help your kids get their day off to a healthy start. Serve whole-grain versions of cereal, bread, tortillas or pancakes at breakfast. Whole grains give your kids B vitamins, minerals and fiber to help them feel full longer so they stay alert to concentrate at school.



### Fantastic French Toast Makes 6 servings

#### Ingredients

- 2 eggs
- ½ cup fat-free or low fat (1%) milk
- ½ teaspoon vanilla extract
- 6 slices **whole wheat bread**

#### Directions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Serve with syrup, applesauce, fruit slices, or jam.

### Wake Up Breakfast Egg Burrito Makes 4 burritos, Serves 4

#### Ingredients

- 4 large eggs
- 2 Tablespoons frozen corn
- 1 Tablespoon low-fat (1 %) milk
- 2 Tablespoons diced green bell peppers
- 1/4 cup minced onions
- 1 Tablespoon diced fresh tomatoes
- 1 teaspoon mustard
- 1/4 teaspoon granulated garlic
- 1/4 teaspoon hot pepper sauce (optional)
- 4 - 8 inch **whole wheat tortillas**
- 1/4 cup prepared salsa

#### Directions

1. Preheat oven to 350 degrees F.
  2. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce for 1 minute until eggs are smooth.
  3. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
  4. Bake for 20-25 minutes until eggs are set and thoroughly cooked.
  5. Wrap tortillas in a moist paper towel and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas, the steam can be hot.
  6. Cut the cooked egg mixture into 4 equal pieces and roll 1 piece of the egg mixture in each tortilla.
  7. Serve each burrito topped with 2 Tablespoons of salsa.
- \*Use low-fat or fat-free milk

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### Whole grains make a difference.

Whole grains help keep your heart healthy and are good for digestion and a healthy weight. Choose foods with “100% whole wheat” or “100% whole grains” on the label. Or check the ingredient list to see if the word “**whole**” is before the first ingredient listed (for example, *whole wheat flour*). If it is, it’s whole-grain.



2/19/2013

### Rice Pudding *Makes 8 servings, ¼ cup each*

#### Ingredients

- 1 cup low-fat (1% fat) milk
- 1 cup water
- 1 cup brown rice, uncooked
- 2 eggs
- 1 cup evaporated milk
- 1 teaspoon vanilla
- ¼ cup sugar
- ⅛ teaspoon ground cinnamon

#### Directions

1. In sauce pan, heat milk and water.
2. Add rice, bring to boil, lower heat to simmer; stir mixture every 10 minutes. Cook covered until rice is tender, about 40 minutes.
3. In large bowl, mix eggs, ¾ cup evaporated milk, vanilla, and sugar. Set aside.
4. Add remaining ¼ cup evaporated milk to rice.
5. Spoon 1 cup of rice mixture into egg mixture and stir. Pour the mixture into remaining rice.
6. Heat pudding until it boils, stirring continuously. Remove from heat. Place in serving container, and sprinkle with cinnamon, or top with your favorite fruit.

\*Use fat-free or low-fat milk

### Oodles of Noodles 6 serving

#### Ingredients

- 1 lb Whole Wheat Pasta
- 1 bunch Swiss Chard, Stems removed, coarsely chopped
- 3 Garlic Cloves, minced
- 2 tsp Basil, dried
- 2 cups Grape Tomatoes, chopped with all the juice
- 3 cups Vegetable Broth, low sodium
- 3 tbsp Olive Oil
- 3 tbsp Whole Wheat Flour
- 1 tsp Sea Salt
- 1/2 tsp Pepper

#### Directions:

Cook pasta according to package directions. Heat a large skillet to a medium heat, add 3 tablespoons of oil, swirl to coat. Add tomatoes, garlic, chard, basil, salt and pepper. Sauté until chard is wilted and tomatoes are soft and produce juice. Sprinkle flour over vegetables and stir until completely incorporated. Slowly whisk in the broth. Continue to stir until sauce comes to a boil and thickens, about 5-8 minutes. Pour over pasta and serve.

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### Start them early with whole grains.

It's easy to get your kids in the habit of eating and enjoying whole grains if you start when they are young. Whole grains give your kids B vitamins, minerals and fiber to help them be strong and healthy.



2/19/2013

### Colorful Quesadillas Makes 8 servings

#### Ingredients:

- 8 ounces fat-free cream cheese
- ¼ teaspoon garlic powder
- 8 small whole wheat tortillas
- 1 cup chopped sweet red or green bell pepper
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves or 9 oz. frozen, thawed, and squeezed dry

#### Instructions:

- In a small bowl, mix the cream cheese and garlic powder.
- Spread about 2 tablespoons of the cheese mixture on each tortilla.
- Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese on one half of the tortilla.
- Add spinach: ¼ cup if using fresh leaves or 2 tablespoons if using frozen. Fold tortillas in half.
- Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
- Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
- Cut each quesadilla into 4 wedges. Serve warm.

### New Oatmeal Raisin Cookies

Makes 2-1/2 dozen cookies (2 cookies per serving)

#### Ingredients:

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|--------------------------------|--------------------------|
| ¾ cup sugar                    | ¼ tsp baking soda        |
| 2 Tbsp margarine or butter     | ½ tsp ground cinnamon    |
| 1 fresh large egg              | 1/8 tsp ground nutmeg    |
| 2 Tbsp low-fat milk            | 1-1/4 cup quick oats     |
| 4 ozs applesauce (unsweetened) | ½ cup raisins (optional) |
| ¾ cup all-purpose flour        |                          |

#### Directions

- Preheat oven to 350 degrees
- Cream sugar and margarine or butter until smooth and creamy.
- Add egg. Mix on medium speed for 1 minute.
- Slowly add milk and applesauce and mix for 1 more minute. Scrape the sides of the bowl.
- Combine flour, baking soda, cinnamon, nutmeg, and salt and add dry ingredients gradually to the creamed mixture. Mix on low speed for 2 minutes, until blended.
- Add oats and raisins and blend for 30 seconds on low speed. Scrape the sides of the bowl.
- Portion dough using teaspoon into round balls (kids can help) and put on a lightly greased cookie sheets.
- Bake for 10-13 minutes until lightly browned. Cool on a wire rack. Yummy!

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### Make sure you buy the real thing.

Some foods that seem to be whole grains may not be, so it's important to know what to look for.

**1. Choose foods that are naturally whole grains,** like oatmeal, brown rice, wild rice and popcorn.



**2. Check the information on the package:** Buy bread, cereal, tortillas, and pasta with "100% Whole Grain" or "100% Whole Wheat" on the package.



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### Pleasant Pizza Makes 4 (1-pizza) servings

#### Ingredients:

- 4 whole wheat pita breads
- ¼ cup low-sodium spaghetti sauce or pizza sauce
- ¼ teaspoon dried oregano
- 1 cup chopped red or green bell pepper
- 1-1/2 cups canned pineapple chunks, drained (packed in juice)
- 1/3 cup chopped lean, low-sodium ham
- ¾ cup shredded reduced-fat cheddar cheese
- \*canned fruit packed in 100% fruit juice

#### Preparation:

- Heat oven to 400 degrees Fahrenheit
- Place pita breads on baking sheet. Spread each pita with 1 tablespoon spaghetti sauce. Sprinkle with oregano.
- Top each pita with pepper, pineapple, ham and cheese.
- Bake until hot and cheese bubbles, about 5 minutes.
- Remove pizzas from baking sheet. Place each pizza on a dinner plate and serve.

**Preparation time: 15 minutes, including baking time**

### Terrific Tostadas Makes 4 individual serving

#### Ingredients:

- 4 corn tortillas
- Non-stick cooking spray
- 1 cup fat free refried black beans or fat free refried beans
- ¾ cup shredded reduced-fat Monterey Jack cheese
- 1 cup non-fat sour cream, or low-fat sour cream or plain fat-free yogurt
- 1 cup shredded lettuce
- 1 cup shredded carrots
- 1 cup salsa (see Salsas recipe under fruits and veggies)

#### Preparation:

- Heat oven to 350 degrees Fahrenheit
- Lightly spray both sides of each tortilla with nonstick cooking spray.
- Place tortillas on baking sheet. Bake 10 minutes or until crisp. Remove from oven.
- Spread ¼ cup beans on each tortilla. Top each tortilla with 3 tablespoons cheese.
- Put back into oven. Bake until cheese melts, about 2 minutes. Remove tortillas from pan and place each one on a dinner plate.
- Top each tortilla with ¼ cup sour cream, ¼ cup shredded lettuce, ¼ cup shredded carrots, and ¼ cup salsa. Serve.