

Whole Grain Recipes To Try At Home:

QuickTime™ and a decompressor are needed to see this picture.

Today your child learned about whole grains in a lesson developed by the Upper Valley Farm to School Network with funding from the Ottauquechee Health Foundation.

Ask your child why whole grains are healthy, and try some of these fun, nutritious whole grain recipes.

Whole Grain Crackers

From Maria Rodale's website, mariasfarmcountrykitchen.com.

To make your own whole-wheat crackers is easy. The dough can be mixed in less than five minutes, and the whole recipe only takes a half an hour! Experiment with adding herbs, seeds or cheeses to make the recipe your own.

2 cups whole-wheat pastry flour
1/3 cup olive oil
2/3 cup warm water
1 teaspoon salt

Preheat oven to 350 F. Combine ingredients in a mixing bowl. Roll out dough thinly on a greased cookie sheet. Bake for 15-25 minutes or until golden brown. Let cool and enjoy.

Wheat Berry Salad With Citrus Dressing

From "Raising the Salad Bar" by Catherine Walthers.

Ingredients:

1 c wheat berries
Water
1 tsp salt
1-2 c arugula or spinach, washed and chopped (optional)
1 large carrot, peeled and grated
½ c dried cranberries
1 c toasted nuts or seeds
Grated zest of 1 orange

Dressing:

Juice of one orange
1 tsp minced garlic
2 tsp maple syrup
3 Tbsp olive oil
½ tsp salt

Add wheat-berries to a large saucepan filled with enough water to cover them by several inches, plus 1 tsp of salt. Bring to a boil, then reduce to a simmer, and cook for 75-90 minutes. When cooked, drain and cool completely. Toss cooled wheat berries with greens, carrot, cranberries and orange zest. Make dressing – combine all ingredients & whisk (or shake in a jar that shuts tightly) until thoroughly mixed.

Just before serving, add dressing and mix gently. Then garnish with the toasted nuts or seeds.

This recipe can be used for a variety of different grains. Try substituting cous cous, or quinoa, or millet.

“Any Muffins”

This is a great, flexible recipe from the Common Ground Dessert Cookbook, which you can play with and make your own depending on what you have around the house!

2 $\frac{3}{4}$ cup whole wheat pastry flour
4 t baking powder
pinch salt
3 eggs
1/3 cup butter
1 cup milk and $\frac{1}{4}$ cup honey, or 1 $\frac{1}{4}$ cup fruit juice
 $\frac{3}{4}$ cup fresh or dried fruit, nuts, or combination.

*If you are using fruit that is very juicy, like strawberries or peaches, reduce the amount of milk or juice by $\frac{1}{4}$ cup.

Preheat oven to 400 F. Combine flour, baking powder and salt. Beat eggs in separate bowl. Melt butter and let it cool before adding it to the eggs. Add milk and sweetener or fruit juice to the eggs. Combine wet and dry ingredients- briefly. The secret to light muffins is not to over-stir. Fold fruit and/or nuts into batter. Spoon into oiled muffin pan and bake for 20-25 minutes. Muffins are done when the center peaks and are firm to the touch.

Other Ideas:

Make popcorn from local organic growers. Try a taste test with butter and nutritional yeast and salt, or experiment with spices, like Italian seasoning or cinnamon and sugar. As long as you go light on the butter and sugar, this is a low-calorie snack full of fiber and nutrients.

Baked Oatmeal – this healthy breakfast casserole tastes like a dessert! A delicious recipe for baked oatmeal can be found at:

http://nourishedkitchen.com/recipes/?recipe_id=6002206

Make Brown Rice Sushi, with fresh or pickled veggies:

<http://www.thekitchn.com/summer-project-make-vegetable-87091>

What are your favorite whole grains recipes? Let us know or ask us questions about the Upper Valley Farm to School Network' Community Curriculum Project by contacting Chloe Powell at cllovermont@gmail.com.