

# WHOLE GRAINS

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*Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.*



## Selection Tip

- Be aware of product descriptions at the store. Multigrain is not the same as whole grain, this just means that the product contains more than one grain. Make sure the ingredients include whole grains and refined grains are not the main ingredients.
- When buying whole grains make sure they appear dry and do not have any strange odor. Grains should smell slightly sweet or odorless when fresh.

## Tidbit

A grain is the edible seed inside a cereal crop. These grains are comprised of four parts: the husk, the bran, the endosperm and the germ. The husk is inedible and has to be removed before it can be consumed. The bran is a thick inner covering that is made up of several layers. The germ is the part of the grain that produces the sprout for a new plant to grow, and the endosperm is the soft inner part of the grain that provides nourishment for the seed after it is germinated. A whole grain is one with all these components except the husk, if the grain no longer has the bran or germ there will be a loss of nutrients.

## Mini-activities

- Create grain art by gluing different types of grains in different patterns or onto pictures.

## Storage Tip

- Whole grains will store for up to 6 months if placed in an airtight container and kept in a cool dry pantry or last up to a year if placed in the freezer
- Whole grain flours do not last as long as intact grains but can be kept for up to 3 months in airtight containers in a cold dry pantry or last up to 2-6 months in the freezer.

## Cooking Tips

- Cooking whole grains is similar to rice and pasta, most are boiled or steamed. If you want grains to be cooked quicker you can soak them in water over night.
- You can easily incorporate whole grains into your cooking by replacing refined wheat flour with different whole grain flours based on your preference.

## Benefits

Whole grains fiber, protein, carbohydrates, vitamins and minerals like B & E vitamins, magnesium and iron in higher levels than refined grain. Whole grains also reduce risks of heart disease, stroke, cancers, diabetes, and obesity if consumed in proper portions.



## Kid-friendly eating tips

- Swap regular sandwich bread with whole grain bread or wraps.
- Bake whole grain cookies for a healthier alternative.
- Make pizza using whole grain pizza dough.
- Make popcorn and top with a very small amount of butter and salt.

## Recipes

### Baked Orange Chicken and Brown Rice

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**Yield:** 4 Servings

Total: 2 hr 5 min | Prep: 15 min | Cook: 1 hr 50 min

#### Ingredients:

3 tablespoons extra-virgin olive oil  
 1 medium onion, chopped  
 1 3/4 cups low-sodium chicken broth  
 1 cup brown basmati rice  
 Zest and juice of 2 navel oranges  
 Kosher salt  
 Four 6-ounce boneless, skinless chicken thighs  
 Freshly ground black pepper  
 2 tablespoons chopped fresh mint  
 2 tablespoons toasted pine nuts

#### Directions:

1. Preheat the oven to 375 degrees F. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the onions and cook, stirring, until just beginning to brown and soft, about 5 minutes.
2. Add the onions, chicken broth, rice, 1/4 cup of the orange juice, 2 teaspoons of the orange zest, 1 tablespoon of oil and 3/4 teaspoon salt to a 2-quart baking dish and stir to combine.
3. Toss the chicken with the remaining 1 tablespoon oil, 1/4 teaspoon salt and 1/4 teaspoon pepper in a medium bowl. Nestle the chicken into the rice mixture. Cover the dish with foil and transfer it to the oven, being careful not to spill.
4. Bake for 55 minutes. Remove the foil and drizzle the chicken with 2 tablespoons of the orange juice. Continue to bake until most of the liquid has been absorbed, the chicken is fully cooked and the rice is tender, about 50 minutes more.
5. Drizzle the chicken with the remaining orange juice. Sprinkle the mint, pine nuts and desired amount of remaining orange zest over the dish and serve.

Source: Food Network

### Whole-Wheat Apple Pancakes

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**Yield:** 6 Servings

Total: 12 min | Prep: 10 min | Cook: 2 min

#### Ingredients:

1 cup low-fat buttermilk  
 3/4 cup nonfat milk  
 2 large eggs  
 1 tablespoon honey  
 6 tablespoons pure maple syrup  
 1 medium apple, diced  
 3/4 cup all-purpose flour  
 3/4 cup whole-wheat flour  
 2 teaspoons baking powder  
 1/2 teaspoon baking soda  
 1/4 teaspoon salt

#### Directions:

1. Preheat the oven to 250. Put the apple in a microwave-safe bowl and tightly cover with plastic wrap; microwave on high until softened, about 2 minutes.
2. In a large bowl, whisk the flours, baking powder, baking soda and salt. In a small bowl, whisk the buttermilk, nonfat milk, eggs and honey, then slowly add the dry ingredients, stirring until just combined.
3. Heat a large nonstick griddle or skillet over medium heat. Spoon 1/4 cup batter onto the griddle for each pancake and sprinkle each with apple, then drizzle a little more batter over the apple. Cook until the tops are bubbly and the edges are dry, about 2 minutes. Flip and cook until golden brown, 1 to 2 more minutes. Keep the pancakes warm on a baking sheet in the oven while making the rest.
4. Place 2 pancakes on each plate. Drizzle with the syrup.

Source: Food Network