

WHOLE GRAINS

Cafeteria | VermontHarvestoftheMonth.org

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

Varieties

There are many different varieties of whole grains, some of the most common are: barley, buckwheat, chia, corn, flaxseed, oats, quinoa, rye, whole wheat and rice.

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.

Mini-activities

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

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.

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.

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.

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.

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.

Recipes

Chicken and Dumpling Soup with Quinoa

Chicken and Dumpling Soup with Quinoa

Yield: 6 Servings

Total: 1 hr 20 min | Prep: 25 min | Cook: 55 min

Ingredients:

2 tablespoons olive oil
 1 medium onion, chopped
 2 cloves garlic, chopped
 2 tablespoons red wine vinegar
 1 teaspoon dried thyme
 3 medium carrots, halved lengthwise
 and cut into 1/4-inch half-moons
 2 celery stalks, thinly sliced
 Kosher salt and freshly ground black pepper
 4 cups low-sodium chicken broth
 2 small bone-in, skin-on chicken breasts (about 1 lb)
 One 15-ounce can cannellini beans, strained and rinsed
 1/2 cup quinoa, rinsed well
 1 cup frozen, chopped green beans
 1/2 cup white whole-wheat flour
 1/2 cup loosely packed parsley leaves, finely chopped
 2 large eggs, lightly beaten
 1 tablespoon milk
 1/2 teaspoon baking powder

Directions:

1. Heat the oil in a large Dutch oven or pot over medium-high heat. Add the onions and cook, stirring, until the onions begin to soften, about 5 minutes. Add the garlic, vinegar and thyme and stir until most of the vinegar has evaporated, about 2 minutes. Add the carrots, celery, 1 teaspoon salt and a few grinds of black pepper and cook, stirring, until soft, about 6 minutes. Add the broth, 4 cups of water, chicken breasts and cannellini beans, bring to a high simmer and cook until the chicken is tender and cooked through, 20 to 25 minutes.
2. Carefully remove the cooked chicken and set aside until cool enough to handle. Add the quinoa to the pot and cook until translucent and tender and the threadlike germ wraps around each kernel, 10 to 12 minutes.
3. Meanwhile, remove and discard the chicken skin and bones. Shred the meat into bite-size pieces and add back to the soup. Add the frozen beans.
4. Make the dumplings. Stir together the flour, parsley, eggs, milk, baking powder and 1/4 teaspoon salt in a medium bowl. Put half the batter into a perforated colander; holding the colander just over the simmering soup, scrape and work the batter through the holes with a rubber spatula, letting the tiny dumplings drop into the soup. Cook until the dumplings float, stirring to break up any large clumps, about 1 minute. Repeat with the remaining batter. Adjust the consistency of the soup with more water if desired and season with salt if needed.

Source: Food Network

Chewy Oatmeal Raisin Cookies

Chewy Oatmeal Raisin Cookies

Yield: 2 dozen

Total: 40 min (plus cooling) | Prep: 20 min | Cook: 20 min

Ingredients:

Boiling water
 1/2 cup raisins
 1 cup whole-wheat pastry flour, spooned and leveled
 1/2 teaspoon ground cinnamon
 1/2 teaspoon baking powder
 1/4 teaspoon baking soda
 1/4 teaspoon kosher salt
 1/4 cup apple butter
 3 tablespoons unsalted butter, softened
 1/2 cup light brown sugar
 1 large egg
 1 teaspoon pure vanilla extract
 3/4 cup rolled oats (not quick-cooking)

Directions:

1. In a small bowl, add the raisins and cover with boiling water. Let stand 5 minutes. Once plumped, drain the raisins and set aside to cool completely.
2. Preheat the oven to 350 degrees F, and arrange racks in the lower and upper thirds.
3. Whisk together the flour, cinnamon, baking powder, baking soda and salt in a medium bowl.
4. In the bowl of an electric mixer, beat the apple butter, butter and sugar until light and fluffy. Beat in the egg and vanilla until combined. With the mixer on low speed, gradually add the flour mixture until just combined; stir in the oats and raisins.
5. Using a rounded tablespoon, drop the cookies onto parchment-lined baking sheets about 2 inches apart (12 per sheet). Bake until the cookies are no longer wet-looking in the center, 14 to 16 minutes. Cool before serving.

Source: Food Network