

## Cooking information

Most grains may be cooked as follows:

1. Rinse the grain in a colander or fine sieve.
2. Bring the amount of water needed to a boil in a saucepan.
3. Stir in the grain, return water to a boil, then cover, lower heat and simmer for time indicated below.

## A note for people with gluten sensitivity

All forms of wheat, barley, kamut, rye, spelt and triticale contain gluten. All other grains and flours are gluten-free as long as they are handled in a gluten-free environment from the mill to the manufacturer to the store. Oats, for example, do not contain gluten but are often processed in a facility with grains that do.

*For more information on gluten sensitivity, refer to our Food Allergy Solutions pamphlet.*

COOKING TIMES & YIELDS				NUTRITIONAL INFORMATION				
Name of grain (one cup dry)	Water needed (cups)	Cooking time (minutes)	Approx. yield (cups)	Calories	Carbs	Fat	Fiber	Protein
Amaranth	2	20–25	2 ½	125	23	2.0	2.5	4.7
Barley, whole**	2	55	2 ½–3	96	22	0.5	3.0	2.0
Buckwheat groats	2	15–25	2 ½	77	16.5	0.5	2.5	3.0
Bulgur	2	15–20	2 ½	75	17	0.0	4.0	3.0
Corn, coarse (grits)	4	15–20	3 ½	70	16	0.0	0.5	2.0
Cracked wheat	2	35–40	2 ½	150	33	0.5	4.0	5.0
Millet	2	35–40	3 ½	103	20.5	1.0	1.0	3.0
Oat groats**	2	45–60	3	160	24	4.0	4.0	6.0
Oats, steel-cut**	2	40–45	3	170	30	3.0	5.0	7.0
Oats, rolled	2	10	2 ½	78	13.4	1.3	1.3	3.2
Quinoa	2	15	3	111	19	2.0	2.5	4.0
Rye berries**	2	50–60	2 ½–3	160	31.8	1.0	6.0	6.0
Rye, rolled	2	15–20	2 ½	71	15.7	0.4	2.6	2.6
Spelt and kamut	2	40	2	123	25.5	1.0	4.0	5.5
Teff	2	20	4	127	25	1.0	2.0	5.0
Wheat berries	2	50–55	2	.5	160	0.0	4.0	3.0

\*\* Soak overnight to reduce cooking time.

Information for one half-cup of cooked grains.  
Carbohydrates, fat, fiber and protein measured in grams.



## ALL ABOUT Grains

StrongerTogether.coop is a consumer website developed by **National Co+op Grocers (NCG)** for our “virtual chain” of over 140 retail food co-ops, operating more than 190 storefronts, nationwide.

StrongerTogether.coop is a place for people to gather on their food journeys. It’s a place to find out more about what’s in your food, where it comes from, where to find great food, how to prepare it and a whole lot more.

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# Grains

are a staple food around the world. From familiar oats to exotic quinoa, they appear in one form or another at almost every meal and provide the bulk of the world's food supply. Nutritionally, whole grains are an excellent source of protein, carbohydrate, fiber, B vitamins, iron, zinc and other essential minerals.

**Amaranth** is an ancient Aztec seed that supplies an impressive amount of nutrients, especially protein, calcium, iron and zinc. Amaranth adds a slightly nutty taste to home-baked muffins, cookies and bread. Cooked amaranth makes a nice breakfast porridge.

**Barley** is an excellent source of soluble fiber, which helps lower blood cholesterol. Look for whole barley; pearled barley lacks the nutrient-rich germ and fiber-rich bran. Enjoy barley's chewy little buds in soups, stews, pilafs, casseroles and salads.

**Buckwheat** isn't a form of wheat or even a grain, but is actually a member of the rhubarb family. Buckwheat groats are high in protein, hearty and distinctively flavored. Toasted buckwheat groats are called "kasha" and have a mellow flavor.

**Bulgur** is made from wheat berries (see wheat) that have been steamed, dried and cracked. Use it in salads (Middle Eastern tabouleh is a classic), stuffing, casseroles, or as a replacement for ground beef in chili or veggie burgers.

**Corn** is ground into coarse, medium and fine meals, as well as flour. Yellow corn is the only grain that is a significant source of vitamin A. Blue corn contains more protein than yellow or white corn and is a richer source of manganese, potassium and antioxidants. Coarsely ground cornmeal is used to make southern grits or Italian polenta.

**Cracked wheat** is made from wheat berries (see wheat) that have been coarsely milled into smaller pieces (uncooked). This quick-cooking grain has a nutty flavor and slightly crunchy texture. Enjoy it as a breakfast cereal, or use in stuffing, pilafs and breads.

**Kamut** is a highly-nutritious ancient wheat with greater nutritional value than modern, hybridized wheat. Kamut may be less allergenic than common wheat due to its lower gluten content. Use kamut in baked goods, cereals or trail mixes.

**Millet** is higher in iron and protein than most other grains. It is easily digestible and considered one of the least allergenic of grains. Millet makes a tasty addition to casseroles, breads, stews or salads. Try it as a cooked breakfast cereal with maple syrup drizzled on top. Also makes a great gluten-free alternative to couscous.

**Oats** are a good source of soluble fiber, which helps lower blood cholesterol. Oats are available in many forms: hulled whole oats (known as oat groats), steel cut, thick and regular rolled oats, quick oats and instant oatmeal. Oat groats are a nice addition to soups or stews.

**Quinoa** (keen-wa) originates from the mountains of Peru and has the highest protein content of all the grains. It cooks quickly and has a nutty, versatile flavor that is delicious in stews, pilafs and salads.

**Rice** is the most versatile and the second most popular grain in the world (behind wheat). There are hundreds of varieties. Common types are white, brown, basmati, Arborio, Jasmine and wild rice. For more information, see the brochure All About Rice.

**Rye** is an especially good source of the mineral manganese. Rye berries are slow cooking but are a nice chewy base for a winter vegetable stir-fry. Soak them overnight to reduce cooking time. Cracked or rolled rye makes a hearty hot cereal similar to oatmeal.

**Spelt** is another non-hybridized wheat that is higher in protein and fiber than common wheat. Some people who are allergic to wheat may not react to spelt because it contains less gluten. Use an equal amount of spelt as a substitute for wheat in recipes.

**Teff** is a tiny, ancient whole grain from North Africa. It is high in calcium, protein and fiber with a mild, nutty flavor. It is the traditional grain used to make Ethiopian bread, injera, and can also be added to baked goods, pilafs or eaten as a hot cereal.

**Triticale** is a cross between rye and wheat and is nutritionally superior to both. In texture and taste, triticale is nutty and chewy with a hint of rye flavor. It is most often used as flour but is sometimes available as flakes or berries. Use as a substitute for wheat or rye in any recipe.

**Wheat** is nutritious and easy to grow, store and process so it's not surprising that it is the world's most popular grain. Unprocessed wheat kernels are called wheat berries. They are slow to cook but flavorful in pilafs, stuffing and salads. They can be sprouted for added nutrition before cooking. Grain products made from wheat include bran, wheat germ, flour, graham flour, cracked wheat and bulgur.

## STORAGE TIPS

Whole and cracked kernels of grain, as well as whole grain flour, contain the oil-rich germ and will go rancid if not stored properly. To ensure freshness, buy in small quantities and store in an airtight container in a cool, dry, dark place for up to six months.

