

Choose a gluten-free product if you must avoid gluten.  
Check labels for other ingredients you may avoid.



Plain Quick Cooking:  
1 Minute

1 serving = ½ cup  
cooked

## Protein-Boosting Tips

- Cook with milk or soymilk instead of water.
- Top with dairy or soy-based Greek yogurt.
- Add sharp cheese, miso, or top with an over-easy egg for savory flavor.
- Fortify with a tbsp of whey protein powder or non-fat dry milk.

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## Protein-Boosted, Lower Sugar Microwavable Cups: About 1 Minute



12 g protein  
8 grams sugars  
Contains egg white &  
almonds



20 g protein  
8 grams sugars  
Contains whey &  
milk protein



14 g protein  
11 grams sugars  
Contains pea, milk &  
whey protein



Quick-to-fix Whole Grain:

# Cold Whole Grain Breakfast Cereal

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## Multi-serving Packages for At Home



1 cup

+



or



+



1 cup lactose-free  
ultrafiltered or soymilk  
OR Greek yogurt

½ cup  
fruit

## Single-serve Packages for On-the-Go



1  
container

+



or



+



8 oz lactose-free  
ultrafiltered or soymilk  
OR 5.3 oz Greek yogurt

½ cup  
fruit

## Quick-to-fix Whole Grain: Quinoa (Gluten-Free)



White  
15 Minutes



Tri-Color  
15 Minutes

- Unique because it contains all 9 essential amino acids. A ½ cup cooked serving provides 6 g of protein and 6 g of fiber.
- With its nutty flavor, it is delicious in pilafs, tabbouleh, salads, soups and stir-fries.
- Can be substituted for white rice in many recipes.
- Try a recipe for [five treasure quinoa](#).

# Quick-to-fix Whole Grain: Kaniwa (Gluten-Free)



Flaked  
7 Minutes



Whole  
20 Minutes

- Also know as “baby quinoa.”
- Darker color than quinoa, but with similar nutrition.
- Flakes can be cooked as a hot cereal. Use whole seeds to make pilaf and add to soups and salads.
- 1 serving = ½ cup cooked.



# Quick-to-fix Whole Grain: Brown Rice (Gluten Free)



Instant: 10 Minutes  
Stovetop or Microwave  
1 serving =  $\frac{1}{2}$  cup cooked



Boil in Bag: 10 Minutes  
Stovetop or Microwave  
1 serving =  $\frac{1}{2}$  cup cooked



Microwave Pouch: 1  $\frac{1}{2}$  Minutes  
Microwave  
1 serving = cup  $\frac{1}{2}$  cooked

## Quick-to-fix Whole Grain: **Buckwheat (Gluten Free)**



15 Minutes

- Despite its name, buckwheat has no relation to wheat and is gluten-free.
- Has a nutty, earthy flavor.
- Can be used like rice for side dishes, salads, and soups, or cooked as a breakfast porridge.
- 1 serving = ½ cup cooked.

# Quick-to-fix Whole Grain: Millet (Gluten Free)



20 Minutes

- Mildly corn-like taste.
- Can be cooked with minimal water for a fluffy result, or with more liquid to create a texture similar to that of polenta.
- Perfect for whole grain salads and an alternative to rice in pilafs or with stir-fries.
- 1 serving = ½ cup cooked.

# Quick-to-fix Whole Grain: Amaranth (Gluten Free)



20-25 Minutes

- Makes a delicious hot cereal or polenta.
- You can add to baked goods or homemade granola.
- 1 serving = ½ cup cooked.



## Quick-to-fix Whole Grain: Whole Wheat Pasta



### Spaghetti

9-11 Minutes

1 serving = ½ cup cooked



### Linguine

11-13 Minutes

1 serving = ½ cup cooked

- Instead of big portion of spaghetti or linguine, combine ½ cup cooked with 2 cups of cooked spiralized butternut squash and/or zucchini.
- You can spiralize the veggies yourself or try the frozen ready-to-cook product(s).
- Try topping with grilled chicken, [garden tomato sauce](#), and a shredded mozzarella + provolone or Italian 5 cheese blend.
- Complete your meal with a colorful, dark leafy green side salad with a little olive oil and red wine vinegar.

# Cous Cous



Pearl  
(Israeli)

15 Minutes

1 serving = ½ cup cooked



Course Ground  
(Moroccan/North African)

5 Minutes

1 serving = ½ cup cooked

- Pearls are tiny pasta made of wheat and then toasted. They have a nutty flavor. Cook by boiling in water like macaroni.
- Ground has a milder flavor. Add to boiling water, turn off heat, cover pot, and let stand until done.
- Not all products are whole wheat – check the label.



12 Minutes  
1 serving = ½ cup cooked

- Middle East and Mediterranean diet staple.
- Make pilaf by cooking bulgur in low-sodium broth. Toss in lightly sautéed diced onions and bell peppers. Season with your favorite herbs.
- Try a recipe for [lemon tabouli](#).