

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

#### **Oats**

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.

#### 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

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

#### **Multi-serving Packages for At Home**



1 cup

+



or



½ cup fruit

1 cup lactose-free ultrafilterered or soymilk OR Greek yogurt

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



+



or



+



1 container 8 oz lactose-free ultrafilterered 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 <u>five treasure quinoa</u>.



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







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 = ½ cup cooked



Boil in Bag: 10 Minutes Stovetop or Microwave 1 serving = ½ cup cooked



Microwave Pouch: 1 ½ Minutes
Microwave
1 serving = cup ½ 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)

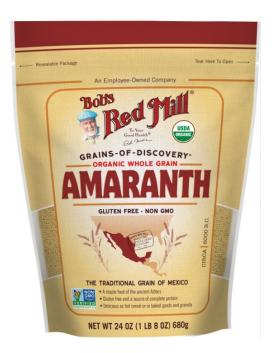


20 Minutes

- 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 readyto-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.



#### Quick-to-fix Whole Grain: 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 boing water, turn off heat, cover pot, and let stand until done.
- Not all products are whole wheat check the label.



# Quick-to-fix Whole Grain: **Bulgur**



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.