



## HASKELL COUNTY

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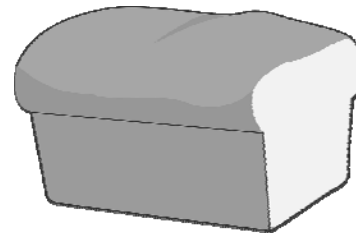
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# Grains from A to Z



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### Wild Rice Crusted Salmon

2 pounds salmon fillet, cut into 6 pieces  
½ cup flour  
2 eggs  
3 tablespoons half and half  
Salt and pepper to taste  
2 cups cooked wild rice  
½ cup Italian style bread crumbs  
6 tablespoons olive oil

Wash hands and work area before cooking. Dredge salmon pieces in flour and set aside. In a medium bowl, mix together eggs, half and half, salt, and pepper. In a wide bowl, mix together rice, breadcrumbs, salt, and pepper. Dip salmon in egg wash then coat with rice mixture, pressing rice onto salmon. Heat 2 tablespoons olive oil in skillet and sear two pieces of salmon at a time for two minutes on each side. Set salmon aside on plate. Repeat to finish. Season with salt and pepper and serve hot or cold.

Preparation Time: 10 minutes, Cook Time: 15 minutes, Serves: 6

Nutrition Facts: Calories: 580, Total Fat: 36 g, Cholesterol: 150 mg, Sodium: 130 mg, Total Carbohydrate: 24 g, Protein: 40 g.



MyPlate suggests make  
at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

#### Fun Fact!

The name for amaranth comes from the Greek amarantos,  
meaning “one that does not wither.”

#### FIGHTBAC!

Clean: Wash hands and  
Surfaces Often

Separate: Don't Cross-  
Contaminate

Cook: Cook to Proper  
Temperatures

Chill: Refrigerate  
Promptly

<http://www.fightbac.org/>

TEXAS A&M  
AGRI LIFE  
EXTENSION

## Amaranth

#### Did you know?

- Amaranth is high in calcium, iron, and potassium.
- It is thought that Amaranth was domesticated between 6,000 and 8,000 years ago.
- Amaranth is naturally gluten-free.

#### Additional information

- Amaranth is an excellent source of protein.
- Amaranth's flowers remain full of color after harvesting and drying.
- Amaranth is a good source of fiber and vitamin B<sub>6</sub>.
- Amaranth are tall plants with broad green leaves and bright purple, red, or gold flowers.



## Brown Rice

### Did you know?

- Compared to white rice, brown rice has higher levels of vitamins and minerals.
- One cup of brown rice has 88% of the recommended daily value needed for manganese.
- Brown rice is a good source of thiamin.

### Fun Fact!

Americans eat about 26 pounds of rice per person each year!

### FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

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**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

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### Additional information

- Store uncooked brown rice at room temperature for up to six months.
- Cooked rice can be stored in the refrigerator for 2-3 days, or frozen for several months.
- Rice is cultivated and harvested on every continent except Antarctica.
- Brown rice is a whole grain and may be helpful in maintaining a healthy weight.

### Breakfast Pumpkin Cookies

1 ¾ cups pumpkin, pureed, cooked  
1 ½ cups brown sugar  
2 eggs  
½ cup vegetable oil  
1 ½ cups flour  
1 ¼ cups whole wheat flour  
1 tablespoon baking powder  
2 teaspoons cinnamon  
1 teaspoon nutmeg  
½ teaspoon salt  
¼ teaspoon ground ginger  
1 cup raisins  
1 cup chopped walnuts

Preheat oven to 400 degrees F. Mix pumpkin, brown sugar, eggs, and oil thoroughly in a small bowl. Blend dry ingredients and add to pumpkin mixture. Add raisins and nuts. Drop by teaspoonfuls on greased cookie sheet. Bake 10-12 minutes until golden brown.

Preparation Time: 15 minutes, Cook Time: 10 minutes, Serves: 48

Nutrition Facts: Calories: 90, Total Fat: 4 g, Cholesterol: 5 mg, Sodium: 60 mg, Total Carbohydrate: 13 g, Protein: 2 g.

### Wild Rice Crusted Salmon

2 pounds salmon fillet, cut into 6 pieces  
½ cup flour  
2 eggs  
3 tablespoons half and half  
Salt and pepper to taste  
2 cups cooked wild rice  
½ cup Italian style bread crumbs  
6 tablespoons olive oil

Wash hands and work area before cooking. Dredge salmon pieces in flour and set aside. In a medium bowl, mix together eggs, half and half, salt, and pepper. In a wide bowl, mix together rice, breadcrumbs, salt, and pepper. Dip salmon in egg wash then coat with rice mixture, pressing rice onto salmon. Heat 2 tablespoons olive oil in skillet and sear two pieces of salmon at a time for two minutes on each side. Set salmon aside on plate. Repeat to finish. Season with salt and pepper and serve hot or cold.

Preparation Time: 10 minutes, Cook Time: 15 minutes, Serves: 6

Nutrition Facts: Calories: 580, Total Fat: 36 g, Cholesterol: 150 mg, Sodium: 130 mg, Total Carbohydrate: 24 g, Protein: 40 g.

## Mixed Grain Bread

¼ cup yellow cornmeal  
¼ cup brown sugar  
1 teaspoon salt  
2 tablespoons vegetable oil  
1 cup boiling water  
1 package active dry yeast  
¼ cup warm water (105-115 degrees F)  
⅓ cup whole wheat flour  
¼ cup rye flour  
2 ¾ cups all-purpose flour

Wash hands and work area before cooking. Mix cornmeal, brown sugar, salt and oil with boiling water, cool to lukewarm (105-115 degrees F). Dissolve yeast in ¼ cup warm water; stir into cornmeal mixture. Add whole wheat and rye flours and mix well. Stir in enough all-purpose flour to make dough stiff enough to knead. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 to 10 minutes. Place dough in lightly oiled bowl, turning oil top. Cover with clean towel; let rise in warm place until double, about 1 hour. Punch dough down; turn onto clean surface. Cover with clean towel; let rest 10 minutes. Shape dough and place in greased 9 x 5 inch pan. Cover with clean towel; let rise until almost double, about 1 hour. Preheat oven to 375 degrees F. Bake 35 to 45 minutes or until bread sounds hollow when tapped. Cover with aluminum foil during baking if bread is browning too quickly. Remove bread from pan and cool on wire rack.

Preparation Time: 2 ½ hours, Cook Time: 35-45 minutes, Serves: 20

Nutrition Facts: Calories: 90, Total Fat: 1.5 g, Cholesterol: 0 mg, Sodium: 120 mg, Total Carbohydrate: 18 g, Protein: 2 g.



MyPlate suggests make  
at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

Buckwheat has a gene that lets it make red or green immature fruit.

### FIGHTBAC!

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Contaminate

Cook: Cook to Proper  
Temperatures

Chill: Refrigerate  
Promptly

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EXTENSION

# Buckwheat

### Did you know?

- Buckwheat has one of the highest amounts of protein among grains.
- Buckwheat contains more zinc, copper, and manganese than many other cereal grains.
- Buckwheat is naturally gluten-free.

### Additional Information

- Buckwheat is useful for weed suppression and preventing soil erosion during crop rotation.
- China and Russia are the largest producers of Buckwheat in the world.
- The human body can absorb 75% of the protein in Buckwheat, making it a good source of protein.



## TEXAS A&M AGRI LIFE EXTENSION

# Corn Flakes

### Did you know?

- Corn flakes are a good source of folate!
- Corn flakes are enriched with vitamins A, C, D, thiamin, riboflavin, and niacin.
- Corn flake cereals are fortified with iron.

### Fun Fact!

A healthy alternative to bread crumbs is using crushed corn flakes.

### FIGHTBAC!

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<http://www.fightbac.org/>

### Additional Information

- Corn flakes have no added sweeteners!
- Store corn flakes in a dry, cool place to prolong shelf life.
- Corn flakes are cholesterol free.
- Corn flakes are made from corn grits that are cooked, flaked, and toasted.

### Springtime Cereal

- ¾ cup wheat and barley nugget cereal
- ¼ cup 100% bran cereal
- 2 teaspoons toasted sunflower seeds
- 2 teaspoons toasted almonds, sliced
- 1 tablespoon raisins
- ½ cup banana, sliced
- 1 cup strawberries
- 1 cup low-fat yogurt (raspberry or strawberry)

Wash hands and work area before cooking. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl. Add the raisins, the bananas, and half the strawberries. Gently stir in the yogurt and divide between 2 bowls. Scatter the remaining strawberries over the top and enjoy.

Preparation Time: 15 minutes, Cook Time: 0 minutes, Serves: 2

Nutrition Facts: Calories: 380, Total Fat: 5 g, Cholesterol: 10 mg, Sodium: 340 mg, Total Carbohydrate: 76 g, Protein: 14 g.

### Chicken Club Salad

- 1 ½ cups cubed, grilled skinless chicken breast
- 1 cup whole wheat pasta
- 6 cups washed, torn romaine lettuce
- 2 cups fresh vegetables
- 2 cups chopped tomatoes
- ½ cup low-fat Italian dressing
- 1 hard cooked egg
- ¼ cup low-fat shredded cheddar cheese

Wash hands and work area before cooking. Cook pasta according to package directions; drain and cool. Place 1 ½ cups of romaine lettuce in each of 4 large bowls or plates. Combine chopped vegetables, chicken, and pasta in a small bowl. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls. Top each serving with a few egg slices, if desired, and 1 tablespoon of the shredded cheese.

Preparation Time: 15 minutes, Cook Time: 25 minutes, Serves: 4

Nutrition Facts: Calories: 260, Total Fat: 6 g, Cholesterol: 85 mg, Sodium: 120 mg, Total Carbohydrate: 28 g, Protein: 24 g.

## Quick Tuna Casserole

4 cups water  
5 ounces wide egg noodles  
10 ounces low-sodium cream of mushroom soup  
1/3 cup skim milk  
1 can (6.5 ounces) tuna in water, drained  
1 cup frozen green peas  
1 cup fresh bread crumbs

Wash hands and work area before cooking. Preheat oven to 350 degrees F. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes. Then, cover the pot, remove from heat and let stand for 10 minutes. In the meantime, mix the soup and milk together in a bowl. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish. Drain the noodles well and combine with the tuna mixture. Sprinkle the top with bread crumbs. Bake for 30 minutes.

Preparation Time: 15 minutes, Cook Time: 50 minutes, Serves: 6

Nutrition Facts: Calories: 240, Total Fat: 4.5 g, Cholesterol: 30 mg, Sodium: 280 mg, Total Carbohydrate: 35 g, Protein: 15 g.

## Vegetable Fried Rice

2 cups cooked white rice  
2 tablespoons vegetable oil  
1/2 cup chopped celery  
1/4 cup chopped onion  
1 10-ounce package frozen vegetables  
1 tablespoon soy sauce  
1 dash pepper

Wash hands and work area before cooking. Make 2 cups of cooked white rice. Use the package directions to make the rice. Chop celery and onion. Heat the oil in a skillet or large frying pan. Add the celery and onion. Stir fry for 2 minutes. Add the vegetables to the pan. Keep stirring the vegetables until they are tender-crisp. Add the cooked rice. Sprinkle with soy sauce and pepper. Stir fry for 2 minutes until the rice is heated and the flavors are blended.

Preparation Time: 10 minutes, Cook Time: 20 minutes, Serves: 4

Nutrition Facts: Calories: 210, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 280 mg, Total Carbohydrate: 33 g, Protein: 4 g.



**MyPlate suggests make  
at least half of your  
grains whole grains.**

<http://www.choosemyplate.gov/>

### Fun Fact!

**Cornmeal can be white, yellow, or blue!**

### FIGHTBAC!

**Clean: Wash hands and  
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Contaminate**

**Cook: Cook to Proper  
Temperatures**

**Chill: Refrigerate  
Promptly**

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EXTENSION

## Cornmeal

### Did you know?

- Cornmeal is composed entirely of degermed corn.
- Cornmeal is fortified making it a good source of fiber, vitamin A, and folate.
- Cornmeal supports growth of healthy bacteria in the large intestine.

### Additional Information

- Cornmeal should be stored in dark, cool place for optimal shelf life.
- Cornmeal may be used to make a variety of baked goods such as muffins, breads, rolls, dumplings, and tortillas.
- Cornmeal may be cooked with water or low-fat milk and eaten warm as a side dish or breakfast item.



## Crispy Rice Cereal

MyPlate suggests make  
at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

Crispy rice cereal is available as original,  
chocolate flavored, and gluten-free.

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### Did you know?

- Crispy rice breakfast cereal is an excellent source of vitamins A, B<sub>6</sub>, B<sub>12</sub>, and folate.
- Crispy rice cereal is high in Iron!
- Crispy rice cereal contains heart healthy complex carbohydrates.

### Additional Information

- Crispy rice cereal may be a good choice for those who have food allergies.
- Crispy rice cereal can be used as a crust for many meals.
- Crispy rice cereal is oven-popped or gun puffed, which is similar to the way popcorn is cooked, to give it its crispy, spongy texture.

### Crunchy Vegetable Wraps

- 4 tablespoons whipped low-fat cream cheese
- 2 flour tortillas
- ½ teaspoon ranch seasoning mix
- ¼ cup washed, chopped broccoli
- ¼ peeled, grated carrots
- ¼ cup zucchini, cut into small strips
- ¼ cup yellow summer squash, cut into small strips
- ½ diced tomato
- 2 tablespoons seeded, diced green bell peppers
- 2 tablespoons finely chopped chives

Wash hands and work area before cooking. In a small bowl, stir ranch seasoning into cream cheese, chill. Wash and chop vegetables. Steam broccoli in microwave for 1 minute with 1 tablespoon of water. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Preparation Time: 25 minutes, Cook Time: 25 minutes, Serves: 6

Nutrition Facts: Calories: 110, Total Fat: 3.5 g, Cholesterol: 5 mg, Sodium: 250 mg, Total Carbohydrate: 16 g, Protein: 4 g.

### Pain d' Epices – French Honey Triticale Cake

- 2 ¼ cups whole triticale flour
- 1 cup honey
- ⅓ cup ground almonds
- 1 teaspoon ground ginger
- ¼ teaspoon ground cloves
- ½ teaspoon cinnamon
- Grated rind of 1 lemon
- ½ teaspoon baking powder
- ¼ teaspoon baking soda

Wash hands and work area before cooking. Preheat oven to 350 degrees F. Mix the triticale and honey together and let stand overnight. Add spices and other ingredients and mix thoroughly. Knead the dough for about 5 minutes then spread batter into a greased loaf pan (about 8 1/2" x 4 1/2"). Bake for 35 minutes or until a toothpick comes out clean. Remove from oven, cool 10 minutes, then remove from pan and cool thoroughly on a cooling rack.

Preparation Time: 2 days, Cook Time: 35 minutes, Serves: 6

Nutrition Facts: Calories: 380, Total Fat: 3.5 g, Cholesterol: 0 mg, Sodium: 60 mg, Total Carbohydrate: 87 g, Protein: 8 g.



## Gluten-Free Chocolate Chip Banana Muffins

¾ cup sweet sorghum flour  
¾ cup brown rice flour  
1 tablespoon baking soda  
½ tablespoon xanthan gum  
¼ tablespoon guar gum  
¼ tablespoon salt  
2 large ripe bananas, mashed  
¼ cup vegetable oil  
¾ cup granulated sugar  
¼ cup unsweetened applesauce  
1 large, unbeaten egg  
1 tablespoon vanilla  
½ cup semisweet chocolate chips

Wash hands and work area before cooking. Preheat oven to 350 degrees F. Coat standard 12-count muffin tin with cooking spray. In mixing bowl, combine sorghum flour, brown rice flour, baking soda, xanthan gum, guar gum, and salt. In separate bowl, cream together bananas and oil. Add sugar, applesauce, egg, and vanilla; mix well. Add flour mixture to banana mixture in three parts, stirring well after each addition; fold in chocolate chips. Pour mixture into prepared muffin tin. Bake for 20-25 minutes, or until toothpick inserted into center of muffin comes out clean. Cool on rack.

Preparation Time: 10 minutes, Cook Time: 20-25 minutes, Serves: 12

Nutrition Facts: Calories: 230, Total Fat: 8 g, Cholesterol: 0 mg, Sodium: 581 mg, Total Carbohydrate: 38 g, Protein: 3 g.



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at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

Millet is often used as a filler for bean bags!

### FIGHTBAC!

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TEXAS A&M  
**AGRI**LIFE  
EXTENSION

# Millet

### Did you know?

- The word millet covers the name of several different small-seeded grains.
- India is the world's top producer of millet.
- Millet is gluten-free and is high in magnesium.

### Additional Information

- Millets can grow from one to 15 feet tall.
- Millet matures in about 65 days, which is faster than most grains.
- The four most popular types of millet are pearl, foxtail, proso, and finger millet.
- Millet grains are small with a yellowish color and have a mild taste which makes them go well with many types of foods.



TEXAS A&M  
AGRI LIFE  
EXTENSION

## Oat Rings

MyPlate suggests make  
at least half of your  
grains whole grains.

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### Fun Fact!

Cheerios® are the highest selling oat rings cereal in America!

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### Did you know?

- Oat rings cereal is fortified with vitamins A, B<sub>12</sub>, D, folate, iron, and many other trace minerals.
- Oat rings are a good source of dietary fiber.
- Oat rings are low in saturated fat and cholesterol.

### Additional Information

- Oat rings are a healthy starter food for babies.
- Oat rings contain beta-glucans which are soluble fibers and heart healthy.
- Oat rings are available in original, honey nut, multigrain, chocolate, fruity, cinnamon, and more!
- Oat rings get their shape from putting the batter in a mold that makes it circular.

### ABC Meatball Soup

For Meatballs:

1 pound extra lean ground turkey breast or 90% lean ground beef  
¾ cup quick or old fashioned rolled oats, uncooked  
½ cup barbecue sauce or ketchup

For Soup:

1 48-ounce carton reduced-sodium, fat-free chicken broth  
¼ cup alphabet shaped pasta  
1 10-ounce package frozen mixed vegetables

Wash hands and work area before cooking. Heat broiler. Lightly spray rack of broiler pan with cooking spray. In a large bowl, combine meatball ingredients; mix lightly but thoroughly. Transfer to a sheet of foil. Pat mixture into 9 x 6-inch rectangle. Cut into 1 ½-inch squares; roll each square into a ball to make 24 meatballs. Arrange meatballs on broiler pan. Broil meatballs 6 to 8 inches from heat about 6 minutes or until cooked through, turning once. While meatballs cook, bring chicken broth to a boil in a 4-quart saucepan or Dutch oven over medium-high heat. Add pasta and frozen vegetables; return to boil. Reduce heat; cover and simmer 8 minutes or until vegetables and pasta are tender. Add meatballs and cook 1 minute. Serve immediately.

Preparation Time: 20 minutes, Cook Time: 15 minutes, Serves: 6

Nutrition Facts: Calories: 250, Total Fat: 8 g, Cholesterol: 80 mg, Sodium: 640 mg, Total Carbohydrate: 23 g, Protein: 20 g.

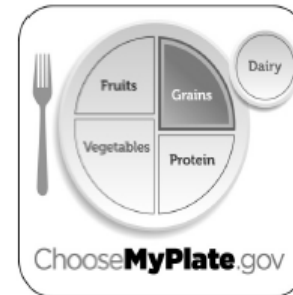
## Raisin Bran and Oatmeal Cookies

½ cup oat bran  
½ cup whole wheat flour  
½ cup all-purpose flour  
¼ teaspoon ground allspice  
½ teaspoon ground cinnamon  
1 teaspoon baking soda  
1 cup lightly packed brown sugar  
½ teaspoon salt  
3 cups rolled oats  
1 ¼ California raisins  
¼ cup canola oil  
2 tablespoons non-fat yogurt  
1 teaspoon butter flavor (optional)  
½ cup non-fat milk  
3 egg whites  
2 teaspoons vanilla

Wash hands and work area before cooking. Preheat oven to 375 degrees F. Cover baking sheet with wax paper or aluminum foil sprayed with non-stick spray and set aside. In mixing bowl, combine oat bran, flours, allspice, cinnamon, baking soda, sugar, and salt. Stir in oats and raisins. In another bowl, combine oil, yogurt, butter flavor, milk, egg whites, and vanilla. Mix wet ingredients into dry, and stir until well combined. Drop dough by tablespoonful's onto prepared baking sheet. Bake at 375 degrees F for 15 minutes or until golden. Transfer to a wire rack and cool.

Preparation Time: 10 minutes, Cook Time: 15 minutes, Serves: 48

Nutrition Facts: Calories: 70, Total Fat: 1.5 g, Cholesterol: 0 mg, Sodium: 65 mg, Total Carbohydrate: 12 g, Protein: 2 g.



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grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

Oatmeal can be used in some cosmetics, soaps, and lotions.

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TEXAS A&M  
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# Oatmeal

### Did you know?

- January is national oatmeal month!
- Oatmeal can be stone-ground or steel-cut.
- Oatmeal is a good source of fiber.

### Additional information

- Oatmeal is a good source of vitamin B complex, vitamin E, and calcium.
- Australian researchers rate oatmeal the number one breakfast food that makes people feel full.
- Eating oatmeal for breakfast can help prevent hunger cravings later in the day.



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#### Fun Fact!

Popcorn is actually a derivative of maize that when heated makes a “popping” sound.

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TEXAS A&M  
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## Popcorn

#### Did you know?

- Popcorn is an abundant source of dietary fiber and complex carbohydrates!
- 3 cups of popcorn is equivalent to one serving of the grain group.
- Popcorn makes a great whole grain snack.

#### Additional Information

- The United States produces more popcorn than any other country.
- Popcorn was first cultivated in 5,000 B.C. by pre-Columbian indigenous peoples.
- Nebraska is the nation's leading popcorn producer.
- In 2012, popcorn sales reached about 996 million pounds!

#### Popcorn Treats

2 tablespoons melted margarine  
5 cups popped popcorn  
 $\frac{3}{4}$  cups raisins  
1 cup bite-size shredded wheat  
1 tablespoon sugar (brown or white)  
1  $\frac{1}{4}$  tablespoon cinnamon

Pop popcorn. Mix popped corn, raisins, and cereal in a large bowl. Mix sugar and cinnamon in small dish. Drizzle melted margarine or butter over mixture. Add sugar and cinnamon to mixture. Shake or stir until all ingredients are evenly distributed.

Preparation Time: 10 minutes, Cook Time: 5 minutes, Serves: 2

Nutrition Facts: Calories: 480, Total Fat: 13 g, Cholesterol: 0 mg, Sodium: 140 mg, Total Carbohydrate: 93 g, Protein: 8 g.

#### Cinnamon and Berry Quinoa

1 cup (1%) low-fat milk  
1 cup water  
1 cup rinsed quinoa  
2 cups fresh Blackberries  
 $\frac{1}{2}$  teaspoon ground cinnamon  
 $\frac{1}{3}$  cup chopped pecans, toasted  
4 teaspoons organic agave nectar

Wash hands and work area before cooking. Combine milk, water, and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in blackberries and cinnamon; transfer to four bowls and top with pecans. Drizzle 1 teaspoon agave nectar over each serving.

Preparation Time: 15 minutes, Cook Time: 15 minutes, Serves: 4

Nutrition Facts: Calories: 253, Total Fat: 9 g, Cholesterol: 0 mg, Sodium: 278 mg, Total Carbohydrate: 34 g, Protein: 7 g.

## Apple Cinnamon Cheerios® Crisp

- 4 cups sliced red apples
- ½ cup quick-cooking or old-fashioned oats
- ¼ cup packed brown sugar
- ¾ teaspoon ground cinnamon
- 1/3 cup firm butter or margarine
- 2 cups Apple Cinnamon Cheerios® cereal

Wash hands and work area before cooking. Heat oven to 350 degrees F. Arrange apples in ungreased 8- or 9-inch square pan. In medium bowl, stir together oats, brown sugar, and cinnamon; cut in butter with pastry blender or fork until crumbly. Stir in cereal; sprinkle over apples. Bake uncovered 30 to 35 minutes or until golden brown. Serve warm. Cover and refrigerate any remaining crisp.

Preparation Time: 20 minutes, Cook Time: 35 minutes, Serves: 9

Nutrition Facts: Calories: 170, Total Fat: 8 g, Cholesterol: 20 mg, Sodium: 85 mg, Total Carbohydrate: 23 g, Protein: 2 g.

## Banana Bread Oatmeal

- 3 cups fat-free milk
- 2 tablespoons firmly packed brown sugar
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt (optional)
- ⅛ teaspoon ground nutmeg
- 2 cups oats (quick or old-fashioned, uncooked)
- 2 medium-size ripe bananas, mashed (about 1 cup)
- 2-3 tablespoons coarsely chopped roasted pecans
- Banana slices (optional)

Wash hands and work area before cooking. In a medium saucepan bring milk, brown sugar, spices, and salt to a gentle boil (watch carefully!) Stir in oats, return to boil, reduce heat. Cook 1 minute for quick oats, 5 minutes for old-fashioned, or until most of the liquid is absorbed. Stir occasionally. Remove oatmeal from heat. Stir in mashed bananas and pecans. Spoon mixture into 4 cereal bowls. Top with sliced bananas.

Preparation Time: 15 minutes, Cook Time: 10 minutes, Serves: 4

Nutrition Facts: Calories: 327, Total Fat: 6 g, Cholesterol: 0 mg, Sodium: 81 mg, Total Carbohydrate: 57 g, Protein: 14 g.



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### Fun Fact!

Quinoa can survive on only 3 to 4 inches of rainfall per year!

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## Quinoa

### Did you know?

- Quinoa is harvested late in March.
- Quinoa grows on magenta stalks that grow from 3 to 9 feet tall.
- Quinoa is a good source of protein, iron, calcium, and fiber.

### Additional Information

- There are over 120 different kinds of quinoa!
- Quinoa can be made to make cereals, pasta, and beverages.
- Quinoa is one of the only plant foods that is a complete protein.
- NASA has proposed quinoa as an ideal food for long-duration space flights.



## TEXAS A&M AGRI LIFE EXTENSION

# Raisin Bran

### Did you know?

- Raisin bran breakfast cereal is a good source of fiber.
- Raisin bran is fortified with calcium, iron, and folic acid.
- Raisin bran is a good source of vitamins B<sub>6</sub> and B<sub>12</sub>.

### Fun Fact!

Raisin bran cereal is available in original, cinnamon almond, flaxseed, and organic varieties.

### FIGHTBAC!

**Clean:** Wash hands and Surfaces Often

**Separate:** Don't Cross-Contaminate

**Cook:** Cook to Proper Temperatures

**Chill:** Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Raisin bran is a whole grain.
- The raisins in raisin bran cereal provide potassium.
- Raisin bran cereal provides partial servings of both fruit and grains!
- Raisin bran cereal is a high source of vitamin A.

### Cheery-Apple Crisp

#### Pie Filling:

1 can (21 ounce) tart cherry pie filling  
1 can (21 ounce) apple pie filling  
1 teaspoon apple pie spice  
3 cups crispy rice cereal  
¼ cup firmly packed brown sugar  
1 teaspoon butter flavored granules  
3 tablespoons light corn syrup

#### Apple Pie Spice:

Combine ¼ cup cinnamon, 2 teaspoons nutmeg, 1 teaspoon allspice, 1 teaspoon ground sugar in a bowl.

Wash hands and work area before cooking. Combine pie fillings and apple pie spice. Spread evenly in a 12 x 7 x 2-inch (2-quart) glass baking dish. Set aside. In medium bowl, thoroughly combine remaining ingredients. Sprinkle evenly over filling mixture. Bake at 350 degrees F about 30 minutes or until filling bubbles around edge and cereal starts to brown. Serve warm or cold with whipped topping or frozen yogurt, if desired.

Preparation Time: 15 minutes, Cook Time: 30 minutes, Serves: 8

Nutrition Facts: Calories: 260, Total Fat: 0.5 g, Cholesterol: 0 mg, Sodium: 115 mg, Total Carbohydrate: 67 g, Protein: 1 g.

### Millet Apple Raisin Cake

1 cup millet, rinsed  
3 cups apple juice  
1 cup raisins  
Pinch of sea salt

Wash hands and work area before cooking. Combine all ingredients in a medium-size saucepan over high heat. Bring to a boil, then lower heat, cover, and simmer for about 20 minutes until all of the juice is absorbed, and the millet is tender. Give it a stir and then taste it; if the millet is still crunchy, add more juice, cover, and simmer for about 3 minutes, then check for tenderness again. Pour the mixture into a standard loaf pan or pie plate and let it cool for about 1 hour until set. Slice and serve. Store any leftovers in the refrigerator.

Preparation Time: 25 minutes, Cook Time: 25 minutes, Serves: 6

Nutrition Facts: Calories: 170, Total Fat: 0 g, Cholesterol: 0 mg, Sodium: 40 mg, Total Carbohydrate: 43 g, Protein: 2 g.

## Mouth-watering Oven-fried Fish

2 pounds cod fillets  
1 tablespoon fresh lemon juice  
¼ cup low-fat buttermilk  
1 teaspoon fresh, minced garlic  
1/8 teaspoon hot sauce  
¼ teaspoon ground white pepper  
¼ teaspoon salt  
¼ teaspoon onion powder  
½ cup corn flakes  
1 tablespoon vegetable oil  
1 fresh lemon, cut in wedges

Wash hands and work area before cooking. Preheat oven to 475 degrees F. Clean and rinse fish. Apply lemon juice to fillets and pat dry. Combine milk, hot sauce, and garlic in a mixing bowl. Combine pepper, salt, and onion powder with crumbs and place on plate. Let fillets set briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish. Arrange on lightly oiled shallow baking dish. Bake for 20 minutes on middle rack without turning. Cut into 6 pieces. Serve with fresh lemon.

Preparation Time: 15 minutes, Cook Time: 25 minutes, Serves: 6

Nutrition Facts: Calories: 150, Total Fat: 3.5 g, Cholesterol: 60 mg, Sodium: 210 mg, Total Carbohydrate: 4 g, Protein: 25 g.

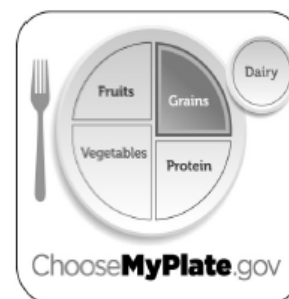
## Corn Bread

Nonstick cooking spray  
1 ¼ cups flour  
1 cup cornmeal  
1/3 cup sugar  
3 teaspoons baking powder  
¼ teaspoon salt  
1 egg  
¼ cup vegetable oil  
1 cup low-fat milk  
1 15 ounce can low-sodium corn, drained

Wash hands and work area before cooking. Preheat oven to 400 degree F. Coat a 9x9-inch baking dish with nonstick cooking spray. In a large bowl, combine flour, cornmeal, sugar, baking powder, salt, egg, vegetable oil, milk, and corn and mix well. Pour into baking dish. Bake 20 to 25 minutes or until top is browned and a toothpick or fork inserted into the center of the pan comes out clean.

Preparation Time: 25 minutes, Cook Time: 25 minutes, Serves: 12

Nutrition Facts: Calories: 190, Total Fat: 5 g, Cholesterol: 20 mg, Sodium: 184 mg, Total Carbohydrate: 32 g, Protein: 4 g.



MyPlate suggests make  
at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

An 18-ounce package of old fashioned oats contains  
about 26,000 rolled oats!

### FIGHTBAC!

Clean: Wash hands and  
Surfaces Often

Separate: Don't Cross-  
Contaminate

Cook: Cook to Proper  
Temperatures

Chill: Refrigerate  
Promptly

<http://www.fightbac.org/>

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

## Rolled Oats

### Did you know?

- Rolled oats are created when oat groats are steamed and then rolled into flakes.
- Rolled oats stay fresh longer and the healthy oils in the oats are stabilized.
- Oats are a good source of fiber, phosphorus, and zinc.

### Additional Information

- Oats are popular in Scotland and Ireland since they grow well in cold climates with abundant rainfall.
- Only 5% of oats grown worldwide are consumed by humans.
- Rolled oats cook faster than those that aren't which makes them efficient in cereal and porridge making.
- Rolled oats are whole grains.



## TEXAS A&M AGRI LIFE EXTENSION

# Sorghum

MyPlate suggests make  
at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

### Did you know?

- Sorghum can be popped and eaten just like popcorn.
- Sorghum is gluten-free.
- Sorghum is a good source of iron, calcium, and potassium.

### Fun Fact!

Texas is the second leading sorghum producing state  
behind Kansas.

### FIGHTBAC!

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Contaminate

**Cook:** Cook to Proper  
Temperatures

**Chill:** Refrigerate  
Promptly

<http://www.fightbac.org/>

### Additional Information

- The United States is the largest producer of sorghum in the world.
- In Africa, leather is dyed red from varieties of red sorghum.
- One-third of sorghum production is used to make ethanol, which is used as fuel for automobiles.
- Sorghum is one of the hardiest grains as it can grow in drought-like conditions.

### Buckwheat and Cottage Cheese Casserole

1/3 cup rye flakes (rolled whole rye berries) or old fashioned rolled oats  
1 ½ cups buckwheat groats  
1 ½ teaspoon dried dill  
1 teaspoon salt  
¼ teaspoon freshly ground black pepper  
1 tablespoon unsalted butter, plus more for preparing pan  
1 ½ cups low-fat cottage cheese  
2 large eggs, lightly beaten  
¾ cup sour cream  
⅛ teaspoon sweet paprika  
3 cups water

Wash hands and work area before cooking. Set a rack in the center and preheat the oven to 350 degrees F. Butter an 8-inch square baking dish. Coat the bottom and halfway up the sides with the rye flakes. Set aside. In a heavy 2-quart Dutch oven or saucepan, combine 2 ¾ cups of water with the buckwheat, dill, ½ teaspoon of salt and the pepper. Bring to a boil over high heat. Stir in the butter. Cover, reduce the heat to low, and simmer until the buckwheat is tender, about 10 minutes. Stir in another ¼ cup of water if the mixture gets dry before the buckwheat is tender. Transfer the cooked buckwheat to a medium bowl. Stir in the cottage cheese, followed by the eggs, and the remaining ½ teaspoon salt. Pour the mixture into the prepared baking pan. With a rubber spatula, spread the sour cream in a layer on top. Dust with the paprika. Bake until the edges are firm and the center is set, 45 to 50 minutes. Remove from the oven and let cool for 5 minutes. Run a knife along the edges and cut into 8 portions. Use a spatula to remove the pieces from the pan.

Preparation Time: 25 minutes, Cook Time: 60 minutes, Serves: 8

Nutrition Facts: Calories: 120, Total Fat: 3.5 g, Cholesterol: 55 mg, Sodium: 520 mg, Total Carbohydrate: 15 g, Protein: 9 g.



## Amaranth Banana Walnut Bread

1 cup cooked amaranth  
2 cups whole wheat pastry flour  
2 teaspoons baking powder  
½ cup chopped walnuts  
1 cup mashed ripe bananas  
½ cup liquid honey  
2 eggs  
3 tablespoons melted butter or olive oil  
1 teaspoon vanilla extract

Wash hands and work area before cooking. Preheat oven to 350 degrees F. Lightly grease a 9-by-5 inch loaf pan. In a bowl, combine flour, baking powder, and walnuts. Mix well. In a separate bowl, beat bananas, honey, eggs, butter, and vanilla until blended. Add amaranth and mix well. Pour wet mixture over dry ingredients and mix until just combined. Pour mixture into prepared pan. Bake in preheated oven until a tester inserted into the center comes out clean, about 1 hour. Let cool in pan on wire rack for 10 minutes. Remove from pan and let cool completely on rack.

Preparation Time: 10 minutes, Cook Time: 60 minutes, Serves: 16

Nutrition Facts: Calories: 170, Total Fat: 6 g, Cholesterol: 20 mg, Sodium: 75 mg, Total Carbohydrate: 27 g, Protein: 4 g.

## Caribbean Casserole

1 onion, medium, chopped  
½ green pepper, diced  
1 tablespoon canola oil  
1 can stewed tomatoes (14.5 ounce)  
1 can black beans or beans of choice (16 ounce)  
1 teaspoon oregano leaves  
½ teaspoon garlic powder  
1 ½ cup brown rice, instant, uncooked

Wash hands and work area before cooking. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil. Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes.

Preparation Time: 10 minutes, Cook Time: 15 minutes, Serves: 10

Nutrition Facts: Calories: 100, Total Fat: 2 g, Cholesterol: 0 mg, Sodium: 280 mg, Total Carbohydrate: 20 g, Protein: 4 g.



MyPlate suggests make  
at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

Tortillas were originally made from ground corn by Mexican natives.

### FIGHTBAC!

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<http://www.fightbac.org/>

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

# Tortillas

### Did you know?

- Tortillas are a good source of fiber, protein, and iron.
- Tortillas are considered a flatbread.
- Tortillas are a good source of phosphorus.

### Additional Information

- Tortillas are a highly popular food staple for many Mexican cuisines.
- Tortillas come in varieties such as corn, flour, and wheat.
- Like all foods, check tortillas for mold before eating.



MyPlate suggests make  
at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

#### Fun Fact!

Scottish botanist A. Stephen Wilson was the first to have success in  
pollinating wheat with rye pollen.

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EXTENSION

## Triticale

#### Did you know?

- Triticale is a hybrid of wheat and rye.
- Triticale is a good source of thiamin, folate, and phosphorus.
- Triticale is an excellent source of plant based protein.

#### Additional Information

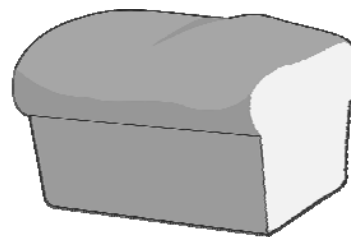
- Triticale is generally sold as flour or flakes.
- Triticale supports good gut health.
- Triticale is a popular animal food since it has benefits of both wheat and rye.
- Triticale has two planting seasons: spring and winter.

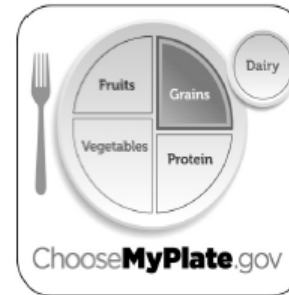


## Recipes to Enjoy!

MyPlate suggests making half your plate fruits  
and vegetables!

<http://www.choosemyplate.gov>





## White Bread

MyPlate suggests make  
at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

The average American consumes about 53 pounds of bread per year!

### FIGHTBAC!

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<http://www.fightbac.org/>

### Did you know?

- White bread is a refined grain food that is enriched to have extra vitamins and minerals.
- Refined grains have been enriched since 1941.
- Enrichment in refined grains include B vitamins, iron, riboflavin, niacin, and folic acid.

### Additional Information

- White bread's affordability made it the preferred bread choice during the industrial revolution.
- Since white bread has been enriched with folic acid, the number of certain birth defects has declined.
- White bread is made by removing the bran and wheat germ from wheat flour, and it is then bleached white.



TEXAS A&M  
**AGRI LIFE**  
EXTENSION

## White Rice

MyPlate suggests make  
at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

Rice means "food" in Chinese.

### FIGHTBAC!

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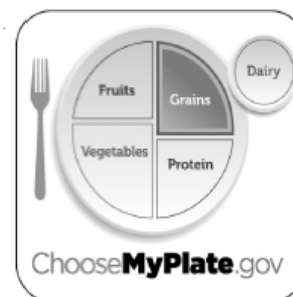
Cook: Cook to Proper  
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<http://www.fightbac.org/>

### Additional Information

- Rice is the major source of calories in Asia.
- Rice has been cultivated since 2,500 B.C.
- Rice is produced on every continent in the world except Antarctica.
- Rice can be used to make rope, crackers, cosmetics, and toothpaste!



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**AGRI LIFE**  
EXTENSION

## Wild Rice

MyPlate suggests make  
at least half of your  
grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

Wild rice is a semi-aquatic grass that was originally grown in lakes.

### FIGHTBAC!

Clean: Wash hands and  
Surfaces Often

Separate: Don't Cross-  
Contaminate

Cook: Cook to Proper  
Temperatures

Chill: Refrigerate  
Promptly

<http://www.fightbac.org/>

### Did you know?

- September is National Rice Month
- Wild rice is the only grain that is native to North America.
- Like all whole grains, wild rice is a good source of fiber, but it is also high in zinc, and vitamin B<sub>6</sub>.

### Additional Information

- When cooked, wild rice expands to three to four times its original size.
- Wild rice contains twice the amount of protein as brown rice.
- Wild rice can be heated and popped just like popcorn!
- Wild rice is Minnesota's official state grain.



## Whole Wheat

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

### Did you know?

- Wheat is the third most-produced grain in the world.
- Whole wheat is the most common grain used in breads, pastas, and other grain foods in America.
- Whole wheat is a good source of iron, fiber, and calcium.

### Fun Fact!

A bushel of wheat contains approximately one million individual kernels!

### FIGHTBAC!

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Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Kansas is top producer of wheat in the United States.
- Wheat that has been pre-cooked and broken into pieces is called Bulgur.
- Whole wheat is rich in complex carbohydrates.
- Wheat provides 20% of total calorie intake consumed by humans in the world.



## Whole Grain Barley

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

### Did you know?

- Barley is highest in fiber of all whole grains.
- Whole grain barley is a good source of potassium.
- Whole grain barley is an exceptional source of protein and fiber.

### Fun Fact!

Roman Gladiators were called *Hordearii*, or Barley Men. It's said that they believed barley gave them greater strength and stamina than other foods.

### FIGHTBAC!

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Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Barley can help control weight by making people feel fuller longer.
- Idaho is the top producer of barley in the United States.
- The outer hull on barley must be removed before consumption since it cannot be digested.
- Barley can grow in the Arctic Circle to tropical Ethiopia.



## Whole Grain Pasta

### Did you know?

- Whole grain pasta is a good source of complex carbohydrates.
- Whole grain pasta is high in protein and low in sodium!
- Whole grain pasta is a good source of copper, magnesium, and phosphorus.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

The average American consumes about 20 pounds of pasta each year!

### FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

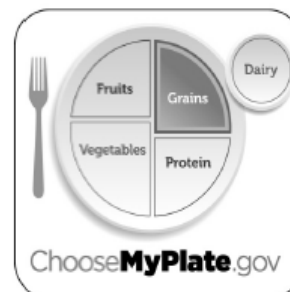
Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Pasta is fortified with folate, which can help prevent birth defects.
- Whole grain pasta has more fiber than regular pasta.
- October is National Pasta Month.
- The United States is the second leading producer of pasta behind Italy.



## Whole Rye

### Did you know?

- Rye grain is has a high content of insoluble fiber and is a good source of magnesium.
- Rye is popular in the winter because it grows well in harsh conditions.
- Oklahoma is the nation's top producer of rye grain.

MyPlate suggests make at least half of your grains whole grains.

<http://www.choosemyplate.gov/>

### Fun Fact!

Rye starch can be used to make matches and plastics!

### FIGHTBAC!

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Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

### Additional Information

- Russia is the world's top producer of rye.
- Rye is a good source of complex carbohydrates which have health benefits.
- Rye bread has a high satiety level which helps people feel fuller longer.
- Rye was brought from the European continent to America during the 16<sup>th</sup> and 17<sup>th</sup> centuries.