

GREAT GRAINS RECIPES



Classic Bulgur Tabouli

Serves 6

Ingredients

- 1 ½ cups bulgur
- ¾ teaspoon salt
- 2 tomatoes, chopped
- 1 cucumber, diced
- 3 tablespoons olive oil
- ½ cup fresh mint leaves, chopped
- 1 bunch parsley, chopped
- Juice of 2-3 lemons
- Salt and pepper to taste

Directions

1. Bring 3 cups water and salt to boil, then add bulgur. Cover and let sit 15 minutes. Fluff with fork.
2. In a large bowl, mix together cucumber, tomato, olive oil, mint, and parsley. Toss in bulgur and season with salt, pepper, and lemon.



Tip

Don't Be Ingredient Shy!

Include more veggies, beans, nuts, lean meat, and tofu to bulk up your whole grain salad and make a more complete meal.

Broiled Herb & Parmesan Polenta Slices



Makes one 8"x8" pan for about 12 squares, 4-6 servings

Ingredients

- 3 cups water
- 1 cup polenta
- 1 tablespoon dried basil or ½ cup fresh, chopped
- ½ cup grated cheese, such as parmesan (optional)
- Salt and pepper to taste
- Olive oil to brush

Directions

1. Bring water and polenta to boil then cover and simmer for 15-20 minutes, until polenta is soft. Stir in basil (or other herb), cheese, salt, and pepper.
2. Pour polenta into greased pan with edges, such as a lasagna pan, and allow to cool.
3. Cut cooled polenta into squares or triangles, brush with olive oil and broil 5 minutes on each side.

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Sweet & Savory Popped Corn



Makes ~12 cups popcorn, 4 servings

Ingredients

- ½ cup popcorn kernels
- 2 tablespoons oil (vegetable, grapeseed, olive, coconut...)
- Salt to taste (about ½ teaspoon)
- Paprika to taste (about ½ teaspoon)
- 1 ½ teaspoons brown sugar

Topping variations include other spices, herbs, honey, grated cheese...

Directions

1. Heat oil in pot on medium and add a few kernels to the pot. Once they pop, add remaining kernels and spread out until they cover the pot evenly. Cover and gently shake the pot by moving it back and forth until the popping slows to 5 seconds between pops.
2. Turn off heat and toss popcorn with salt, paprika, and brown sugar.

Quinoa Citrus Salad

Serves 4-6

Ingredients

- 1 cup quinoa
- 1 teaspoon salt
- 2-3 oranges (or other citrus fruit), peeled, seeded, and cut into chunks
- ¼ cup dried cranberries or currants
- ¼ cup toasted almonds, chopped or sliced
- ½ tsp cinnamon
- 2 tablespoons olive oil
- 2 teaspoons honey
- Juice and zest from ½ lemon or 2 tablespoons vinegar
- 3 cups spinach or other salad green (optional)

Directions

1. Bring 2 cups water, ½ tsp salt and quinoa to boil. Cover and simmer for 10-15 minutes until water is absorbed and quinoa is tender. Fluff with fork and allow to cool.
2. In a small bowl, whisk the lemon juice (or vinegar) with olive oil, cinnamon, and remaining ½ tsp salt.
3. Place quinoa in a large mixing bowl. Fold in the oranges, cranberries, and almonds, then toss with the dressing. Place atop spinach and combine (optional).