



September 2015

MEET THE NEW (ANCIENT) GRAINS

Today's healthy eaters have easy access to a more interesting and diverse range of whole grains than ever before. Many are ancient grains that offer more flavor, fiber and nutrients than modern wheat. Take this guide with you next time you go to the grocery store.

Gluten-free grains are identified with "GF" after the name.

AMARANTH (GF)

The Story You might have amaranth in your flower garden. Foxtail amaranth (aka love-lies-bleeding) is just one of the many varieties of this New World food plant.

Nutrition Amaranth has more protein than most grains. It's also high in vitamin E and lysine, an essential nutrient lacking in other grains.

Uses Add amaranth flour to breads, muffins and pancakes. Cook whole-grain amaranth in boiling water until tender, about 18 minutes.

BARLEY, HULL-LESS

The Story Barley is one of the world's oldest cereals.

Nutrition All varieties of barley provide cholesterol-lowering soluble fiber. Most varieties require the removal of the tough hull covering, which also scrapes away the beneficial bran and germ. Whole-grain, hull-less barley doesn't need hulling.

Uses Like brown rice, hull-less barley takes about 40 minutes to cook. Add to soups in place of rice or noodles. It's good in pilafs and hearty cold salads too.

EMMER/FARRO

The Story Emmer is an ancient strain of wheat first grown in the Fertile Crescent. A few millennia later, emmer was the standard daily ration of the Roman legions. In Italy today, emmer (aka farro) is staging a comeback as a gourmet specialty.

Nutrition Emmer/farro is higher in fiber than common wheat.

Uses Germans make an emmer beer. Italians make farro pastas. Use whole farro in risottos. Like brown rice, whole farro grains take about 40 minutes to cook.

FREEKEH

The Story Freekeh (aka farik or frikeh) is roasted young wheat. It is a traditional food of the Middle East.

Nutrition Freekeh is high in fiber and has a low glycemic index.

Uses Chewy freekeh has a subtle smoky flavor, which makes it ideal for satisfying side dishes like salads and pilafs. Cracked freekeh cooks quickly in boiling water, about 12 minutes.

KAMUT[®]

The Story First sold in the '60s as "King Tut's Wheat," Kamut[®] has more protein and vitamin E than common wheat.

Nutrition Kamut has more protein and vitamin E than common wheat.

Uses Kamut flour adds a slightly nutty flavor to breads. Kamut berries are a great addition to pilafs and hearty salads.

QUICKTAKES



THE LATEST ON FOOD AND YOUR HEALTH

Take charge of your health by fueling your body with foods that can help keep it strong and reduce the risk of many diseases. The Center for Disease Control (CDC) recommends we get 14 grams of fiber for every 1,000 calories we eat each day. Dietary fiber can decrease the risk of colon and rectal cancer, heart disease and type 2 diabetes. It can also decrease blood cholesterol levels. So how do we get more fiber?

- Eat more vegetables, beans and peas.
- Cut back on refined grains like white rice and white flour. Choose whole grains like quinoa, brown rice, oats and whole wheat at every opportunity.

QUINOA (GF)

The Story Quinoa is a high-protein grain from the Andes. Botanically a relative of swiss chard and beets rather than a "true" grain, quinoa is becoming a staple in healthy diets.

Nutrition Higher in protein and fiber than brown rice, quinoa also provides iron.

Uses Quinoa can be substituted for rice in most recipes. Whole quinoa cooks in about 8 minutes, creating a light, fluffy side dish. Look for tri-color quinoa to add visual interest.

SPELT

The Story Twelfth-century German mystic St. Hildegard wrote, "The spelt is the best of grains. It produces a strong body and healthy blood to those who eat it and it makes the spirit of man light and cheerful." Today, the abbey she founded still sells spelt products and even spelt liqueur.

Nutrition Spelt is higher in protein than common wheat.

Uses Spelt flour works well as a bread flour. Spelt pastas and pretzels are popular.

TEFF (GF)

The Story Teff is an important grain in Ethiopia and Eritrea, where it is made into a flatbread called injera. Teff grains are tiny, just 1/150 the size of wheat kernels.

Nutrition Teff is richer in iron and calcium compared to other grains.

Uses Substitute teff flour for one-quarter of the all-purpose flour in your favorite baking recipes. Teff grains can be cooked as porridge or made into a teff polenta.

TRITICALE

The Story Triticale is a hybrid of wheat and rye. It combines the versatility of wheat and the ability of rye to thrive in poor soils.

Nutrition Triticale contains more protein, fiber and folate than either wheat or rye.

Uses Substitute triticale flour for up to half of the all-purpose flour in breads, quick breads, cookies and pancakes. Add cooked triticale berries to pilafs or salads.

White Whole Wheat

The Story White whole-wheat flour is milled from hard white spring wheat, a lighter-colored grain than traditional red wheat.

Nutrition Mild-flavored white whole-wheat flour has all the health benefits of regular whole wheat.

Uses To boost nutrition, replace up to half of the all-purpose flour in your favorite recipes with white whole-wheat flour.

FREEKEH & CHICKPEA SALAD

Serves 6

Inspired by classic tabbouleh, chickpeas are added to make this a veggie main course. It's the perfect dish to bring to a potluck or a picnic.

Inspired by classic tabbouleh, chickpeas are added to make this a veggie main course. It's the perfect dish to bring to a potluck or a picnic.

INGREDIENTS

1 cup cracked freekeh
 1/2 teaspoon salt, plus more to taste Juice of 2 lemons
 1/3 cup extra-virgin olive oil
 1/2 teaspoon ground cumin
 1/2 cup chopped fresh parsley; preferably flat-leaf
 1/2 cup chopped fresh mint
 1/4 cup snipped fresh chives or sliced scallion greens 1
 15-oz can low-sodium chickpeas, drained
 1 pint cherry or grape tomatoes, sliced in half

NUTRITIONAL INFO

360 Calories	36g Carbohydrate
14g Fat	6g Dietary fiber
5g Protein	310mg Sodium



DIRECTIONS

1. Bring 2 cups water and 1/2 teaspoon salt to a boil in medium saucepan. Stir in freekeh and simmer for 12 minutes. Remove the pan from the heat and set aside for at least 15 minutes.
2. In a salad bowl, whisk together lemon juice, olive oil, cumin and a pinch of salt. Fluff the cooled freekeh with a fork and add to the salad bowl. Add fresh herbs, chickpeas and tomatoes. Toss to mix.