

Tips that will help you GET MORE GRAINS!

- 1) When you are looking at the ingredient list check for the very first ingredient to say "100% whole grain."
- 2) To save yourself some time, cook more than you need to store ready to eat leftovers in your fridge for your next meal.
- 3) If you get tired of using rice all the time, try a new whole grain such as cornmeal, oats, buckwheat or rye.
- 4) To incorporate whole grains into your snack or even a dessert don't forget that popcorn is a wonderful whole grain option!
- 5) Whole grains are a wonderful food item to help aid in a healthy gut by providing fiber to your diet.

WELLNESS IN THE KITCHEN

COOKING CLASSES FEATURING



EAT WELL. BE WELL.



Wheat Blueberry Granola Bar

Ingredients (12 servings)

- 9 oz Oats
- 1 oz Canola oil
- 6 oz Light Brown Sugar
- 4 oz WW Flour
- Dash Cinnamon
- Dash Salt
- 1.5 oz Egg whites
- 1.5 oz Whole Egg
- 2 ½ oz Canola Oil
- Splash Vanilla extract
- 9 oz Blueberries

Mix oats with oil. Spread oats in a prepared baking sheet. Toast/Bake at 350F for 12-15 minutes until golden brown and cool. Combine dry ingredients, mix. Add wet ingredients, mix. Combine batter with oats. Fold in blueberries. Pat Mixture into a greased 12x20" pan. Bake for 35 minutes.

Nutrition Facts per 3 oz bar: 250 kcal, 1g sat fat, 150 mg sodium, 35g carbohydrates, 4g fiber, 6g protein



Bean & Rice Burrito

Ingredients (4 servings)

- 1 cup Dry black beans
- ½ cup Corn
- 1 each Green peppers, chpd
- ½ cup Red Onion, chpd
- 1 cup Brown Rice
- 2 oz LF Cheddar Cheese
- 4 each Whole Wheat tortilla
- 1 qt Romaine, sliced
- ½ cup Tomato, diced
- ½ cup Cucumber, diced
- ½ cup Salsa
- ¼ cup FF Sour Cream

Cook black beans. Drain and puree in blender or food processor. In a medium mixing bowl toss together the corn, peppers and onions. Place on a baking sheet with nonstick cooking spray. Roast in the oven for 10 minutes. Remove from the oven. Cool and toss together with the cooked rice. Spoon ¼ cup of the pureed beans down on the center of each tortilla. Top each with 1/3 cup rice mixture and 2 tbsp cheese. Arrange burritos seam side down in a pan and place in the oven for 15-3 minutes or until heated. Place 1 cup lettuce on each plate and top with burrito, 2 tbsp tomatoes, 2 tbsp cucumbers, 2 tbsp fresh salsa and 1 tbsp sour cream.

Nutrition Facts per burrito: 470 kcal, 3g sat fat, 580 mg sodium, 82g carbohydrates, 9g fiber, 18g protein



Cranberry Oat Cookies

Ingredients (12 servings)

- 1 lb Fresh Bananas
- 5/8 cup Applesauce
- 2 cup Oats
- ½ cup Cranberries, dried
- 3/8 tsp Cinnamon
- 2/3 cup Almonds, sliced
- 3 ½ oz Almond Milk

In a bowl mash the bananas and add remaining ingredients. Portion out 1.5oz cookies onto a greased baking sheet and bake at 350F for 10-15 minutes.

Nutrition Facts per 2 cookies: 200 kcal. 1g sat fat, 5 mg sodium, 33g carbohydrates, 5g fiber, 7g protein



Curried Rice & Lentils

Ingredients (12 servings)

- 1 ½ Olive oil
- 8 oz White onion, diced
- 1 tsp Coriander
- 1 tsp Cumin
- 1 tsp Curry powder
- ½ tsp Cayenne pepper
- 1 1/8 Qt Tomato, diced/cnnd
- 1 1/8 Qt Water
- 12 oz Lentils
- 6 oz Brown Rice
- 1/8 tsp Salt

Sauté onions in olive oil over medium heat for 3 minutes or until tender. Add coriander, cumin, curry and cayenne pepper stirring constantly for 30 seconds. Mixture will be dry. Stir in tomatoes with juice and water. Mix gently, bring mixture to a boil. Add lentils and brown rice. Reduce heat to a simmer partially covered for 40-45 minutes or until lentils and rice are tender. Stir in salt and mix well.

Nutrition Facts per 7 oz serving: 190 kcal, 1.5 g fat, 240 mg sodium, 37g carbohydrates, 5g fiber, 9g protein