

## Cooking information

Most grains may be cooked as follows:

1. Rinse the grain in a colander or fine sieve.
2. Bring the amount of water needed to a boil in a saucepan.
3. Stir in the grain, return water to a boil, then cover, lower heat and simmer for time indicated below.

COOKING TIMES & YIELDS				NUTRITIONAL INFORMATION				
Name of grain (one cup dry)	Water needed (cups)	Cooking time (minutes)	Approx. yield (cups)	Calories	Carbs	Fat	Fiber	Protein
Amaranth	2 ½–3	20–25	2 ½	125	23	2.0	2.5	4.7
Whole Barley**	2 ½–3	55	2 ½–3	96	22	0.5	3.0	2.0
Buckwheat Groats*	2	15–25	2 ½	77	16.5	0.5	2.5	3.0
Millet	2 ½–3	35–40	3 ½	103	20.5	1.0	1.0	3.0
Oat Groats**	2	45–60	3	160	24	4.0	4.0	6.0
Steel-cut Oats**	4	40–45	3	170	30	3.0	5.0	7.0
Rolled Oats	1 ½	10	2 ½	78	13.4	1.3	1.3	3.2
Quinoa	2	15	3	111	19	2.0	2.5	4.0
Rye Berries**	3 ½–4	50–60	2 ½–3	160	31.8	1.0	6.0	6.0
Rolled Rye	2	15–20	2 ½	71	15.7	0.4	2.6	2.6
Spelt	3–4	40	2	123	25.5	1.0	4.0	5.5
Teff	3	20	4	127	25	1.0	2.0	5.0
Bulgar Wheat	2	15–20	2 ½	75	17	0.0	4.0	3.0
Cracked Wheat	2 ¼	35–40	2 ½	150	33	0.5	4.0	5.0
Couscous	2 ½	15	3	88	18	0.0	1.0	3.0
Rolled Wheat	2 ½	15–20	2 ½	75	12.6	1.3	1.3	3.2
Wheat Berries**	3 ½–4	50–55	2 ½	160	31.8	1.0	7.0	6.0

\* Flavor is improved by toasting.

\*\* Soak overnight to reduce cooking time.

## A note for people with gluten sensitivity

All forms of wheat, barley, kamut, rye, spelt and triticale contain gluten. All other grains and flours are gluten-free as long as they are handled in a gluten-free environment from the mill to the manufacturer to the store.

*For more information on gluten sensitivity, refer to our Food Allergy Solutions pamphlet.*

Information for one half-cup of cooked grains.

Carbohydrates, fat, fiber and protein measured in grams.

## Provided by your food co-op

### ARKANSAS

**Ozark Natural Foods**  
1554 N. College Ave. • Fayetteville

### ILLINOIS

**Common Ground**  
300 S. Broadway Avenue • Urbana

**Neighborhood Co-op Grocery**  
1815 W. Main Street • Carbondale

### INDIANA

**3 Rivers Natural Grocery**  
1612 Sherman Blvd. • Ft. Wayne

**Bloomingfoods Market and Deli**  
419 E. Kirkwood Ave. • Bloomington  
316 W. 6th St. • Bloomington  
3220 E. Third St. • Bloomington

**Maple City Market**  
314 S. Main St. • Goshen

### IOWA

**New Pioneer Co-op**  
1101 2nd Street • Coralville  
22 S. Van Buren Street • Iowa City

**Oneota Community Co-op**  
312 W. Water Street • Decorah

**Wheatfield Cooperative**  
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**Grain Train Natural Foods Market**  
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**Marquette Food Co-op**  
109 W. Baraga Ave. • Marquette

**Oryana Natural Foods Market**  
260 E. 10th St. • Traverse City

**People's Food Co-op**  
216 N. 4th Ave. • Ann Arbor

**People's Food Co-op**  
436 S. Burdick Street • Kalamazoo

**Ypsilanti Food Co-op**  
312 N. River St. • Ypsilanti

### MINNESOTA

**Bluff Country Co-op**  
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**City Center Market**  
122 North Buchanan Street • Cambridge

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2551 Central Avenue N.E. • Minneapolis

**Harmony Natural Foods Co-op**  
117 3rd St. N.W. • Bemidji

**Harvest Moon Natural Foods**  
2380 W. Wayzata Blvd. • Long Lake

**Just Food Co-op**  
516 S. Water Street S. • Northfield

**Lakewinds Natural Foods**  
435 Pond Promenade • Chanhassen  
17501 Minnetonka Blvd. • Minnetonka

**Linden Hills Co-op**  
3814 Sunnyside Ave. • Minneapolis

**Mississippi Market**  
622 Selby Ave. • St. Paul  
1500 West 7th Street • St Paul

**River Market Community Co-op**  
221 N. Main Street, Suite 1 • Stillwater

**Seward Cooperative Grocery & Deli**  
2823 E. Franklin • Minneapolis

**St. Peter Food Co-op & Deli**  
119 W. Broadway Ave. • Saint Peter

**The Wedge Co-op**  
2105 Lyndale Ave. S. • Minneapolis

**Valley Natural Foods**  
13750 County Road 11 • Burnsville

**Whole Foods Co-op**  
610 E. 4th Street • Duluth

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**Open Harvest Cooperative Grocery**  
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**Menomonie Market Food Co-op**  
521 Second Street East • Menomonie

**Outpost Natural Foods Cooperative**  
100 E. Capitol Drive • Milwaukee  
2826 S. Kinnickinnic Ave. • Milwaukee

**7000 W. State St. • Wauwatosa**

**People's Food Co-op**  
315 5th Ave. South • La Crosse

**Viroqua Food Co-op**  
609 N. Main St. • Viroqua

**Willy Street Co-op**  
1221 Williamson • Madison  
6825 University Ave. • Middleton

## ALL ABOUT

# Grains



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**stronger together**

# Grains

are a staple food around the world. From familiar oats to exotic quinoa, they appear in one form or another at almost every meal and provide the bulk of the world's food supply. Nutritionally, whole grains are an excellent source of protein, carbohydrate, fiber, B vitamins, iron, zinc and other essential minerals.

**Amaranth** is technically not a grain, but this ancient Aztec food supplies an impressive amount of nutrients, especially protein, calcium, iron and zinc. Amaranth seeds add a slightly nutty taste to homebaked muffins, cookies and bread. Cooked amaranth makes a nice breakfast porridge.

**Barley** is an excellent source of soluble fiber, which helps lower blood cholesterol. Look for whole barley; pearled barley lacks the nutrient-rich germ and fiber-rich bran. Enjoy barley's chewy little buds in soups, stews, pilafs, casseroles and salads.

**Buckwheat** isn't a form of wheat or even a grain, but a member of the rhubarb family. Buckwheat groats are high in protein, hardy and distinctively flavored. Toasted buckwheat groats are called kasha and have a mellower flavor.

**Corn** is ground into coarse, medium and fine meals as well as flour. Yellow corn is the only grain that is a significant source of vitamin A. Blue corn contains more protein than yellow or white corn and is a richer source of manganese and potassium.

**Kamut** is a highly nutritious ancient wheat with greater nutritional value than modern, hybridized wheat. Kamut may be less allergenic than common wheat. Use kamut in baked goods, cereals or trail mixes.

**Millet** is higher in iron and protein than most other grains. It is easily digestible and considered one of the least allergenic of grains. Millet makes a tasty addition to casseroles, breads, stews or salads. Try it as a cooked breakfast cereal with maple syrup drizzled on top.

**Oats** are a good source of soluble fiber, which helps lower blood cholesterol. Hulled whole oats are known as oat groats; add cooked groats to soups or stews. Steel cut oats make a delicious chewy hot cereal.

**Quinoa** (keen-wa) originates from the mountains of Peru and has the highest protein content of all the grains. It cooks quickly and expands to three times its original volume. Quinoa's nutty flavor is delicious in stews with small red beans. Most quinoa available now is pre-washed, and doesn't have the bitter coat removed before cooking.

**Rye** is an especially good source of the mineral manganese. Rye berries are slow cooking but are a nice chewy base for a winter vegetable stir-fry. Soak them overnight to reduce cooking time. Cracked or rolled rye makes a hearty hot cereal.

**Spelt** is another non-hybridized wheat that is higher in protein and fiber than common wheat. Some people who are allergic to wheat may not react to spelt. Use an equal amount of spelt as a substitute for wheat in recipes.

**Triticale** is the first man-made grain. It is a cross between rye and wheat and is nutritionally superior to both. In texture and taste, triticale is a blend of wheat's nuttiness and rye's chewiness with a hint of rye's distinct taste. It is most often used as a flour but is sometimes available as flakes or berries. Use as a substitute for wheat or rye in any recipe.

**Couscous**, sometimes called Moroccan pasta, is made from semolina, the ground endosperm of hard durum wheat. The tiny pellets are popular in North Africa, where they are served as part of a spicy stew. Available in regular or whole wheat versions.

**Wheat** is nutritious, easy to transport, store and process so it is not surprising that it is the world's major cereal grain. Also, it is a hardy plant—growing well with little water and in extreme temperatures. The unprocessed seeds are called whole wheat berries. They are slow to cook but very flavorful in pilafs, stuffings, or porridge. When sprouted, they make a nice addition to breads or salads.

**Bulgar** is made from whole wheat berries that have been steamed, dried and cracked. Use it in salads (Middle Eastern tabouli is a classic), stuffings, casseroles, or add to burgers or loaves.

**Cracked wheat** is wheat berries that have been coarsely milled into smaller pieces. This quick cooking grain has a nutty flavor and slightly crunchy texture. Enjoy it as a breakfast cereal, or use it in stuffings, pilafs and breads.

## STORAGE TIPS

Whole and cracked kernels of grain still contain the oil-rich germ and are susceptible to rancidity.

To ensure freshness, buy these forms of grain in small quantities and store in an airtight container in a cool, dry, dark place for up to six months.

