

great grains!

if you've never tried **quinoa** or **millet**, here's your chance.

It's the most delicious—and nutritious—way to get the recommended three servings a day of whole grains

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Our ancestors were no strangers to whole grains. If you could step back in time and join them for dinner, you'd find your plate filled with steaming, chewy porridge and heavy, dark breads. In fact, in many parts of the world, white rice and bleached flour are far less common than barley, millet and quinoa.

Whole grains are the entire seed of a plant, including the fiber- and antioxidant-rich bran and germ, which contain protein and minerals. In the 1800s, millers in Europe and the United States discovered how to remove the bran and the germ from a kernel of grain, and wealthier households began baking bread with this pricier by-product, yielding a loaf that was lighter and whiter. Seeing their rich neighbors enjoying delicate white bread, home bakers started to abandon the more rustic traditional grains and flours in favor of refined white flour and rice as they became more readily available. Cheap as they may be today, the popularity of refined grain is nevertheless a factor in our nation's high rates of obesity, heart disease and diabetes.

Thanks in part to what we've learned about the health benefits of whole grains, that trend is reversing. (The charms of Wonder Bread can't compete with the allure of an artisanal seven-grain loaf from the local bakery.) The international nouvelle cuisine movement has also helped Americans rediscover some of the

more unusual grains, like millet and bulgur, which are more flavorful, have a more satisfying texture and are more visually interesting than white rice or pasta. And in cold winter months, these warming, filling grains will give you more lasting energy and keep you satisfied longer throughout the day.

Even better are the benefits your body will reap from a diet high in whole grains. Grains are rich in fiber, antioxidants, vitamins B and E, magnesium and iron, and eating them will help you reduce your risk for a number of health problems, including heart disease, stroke and type 2 diabetes. Certain grains, such as millet, quinoa, spelt and wild and Japonica rice are alkaline, meaning they can restore the pH balance on the cellular level and reduce inflammation, which causes chronic pain and can lead to more serious diseases like cancer, arthritis and Alzheimer's. And because they're lower on the glycemic index, they can help regulate insulin levels and promote weight loss.

Experiment with varieties you've never tasted, such as amaranth, Kamut, millet, farro or spelt. To reduce the fear factor, we've included a glossary of terms plus cooking tips to give you some ideas for preparing these wholesome foods. But be warned: Once you start experimenting with ancient whole grains, you may never eat white rice again! ➤

wild rice, zucchini and black bean soup

Southwestern flavors of cumin and chili powder liven up a hearty soup that's perfect on a cold day.

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion, chopped
- 2 medium carrots, sliced into ½-inch pieces
- 2 stalks celery, sliced into ½-inch pieces
- 1 cup wild rice, rinsed and drained
- 32 ounces vegetable or chicken stock
- 1 28-ounce can chopped tomatoes (preserve liquid)
- 2 small zucchinis, cut into ½-inch cubes
- 1 15-ounce can black beans, rinsed
- 1 teaspoon cumin
- ¼ teaspoon chili powder
- salt and pepper

1. In a large Dutch oven or heavy pot, heat olive oil over medium heat. Add onion, carrots, celery and rice and sauté, stirring occasionally, about 7 to 9 minutes, until onions begin to turn translucent.
2. Add stock and chopped tomatoes

(in liquid). Bring to a boil, reduce heat to low and simmer, covered, for 30 minutes.

3. Add zucchini, beans, cumin and chili powder. Simmer partially covered an additional 30 to 35 minutes, until rice is cooked and zucchini is tender but still firm to the bite. Season with salt and pepper. *Serves 6.*

barley risotto with leeks and shiitake mushrooms

Wholesome barley and chewy mushrooms make a virtuous version of the rich Italian classic.

- 32 ounces vegetable stock
- 2 tablespoons extra-virgin olive oil, divided
- 8 ounces fresh shiitake mushrooms, stemmed and sliced into ½-inch strips
- 1 leek, rinsed well and finely chopped, white part only
- 2 cloves garlic, minced
- 1½ cups pearled barley, rinsed
- ½ cup white wine

- ¼ cup grated Parmesan cheese
- ¼ cup fresh flat-leaf parsley, chopped
- salt and pepper

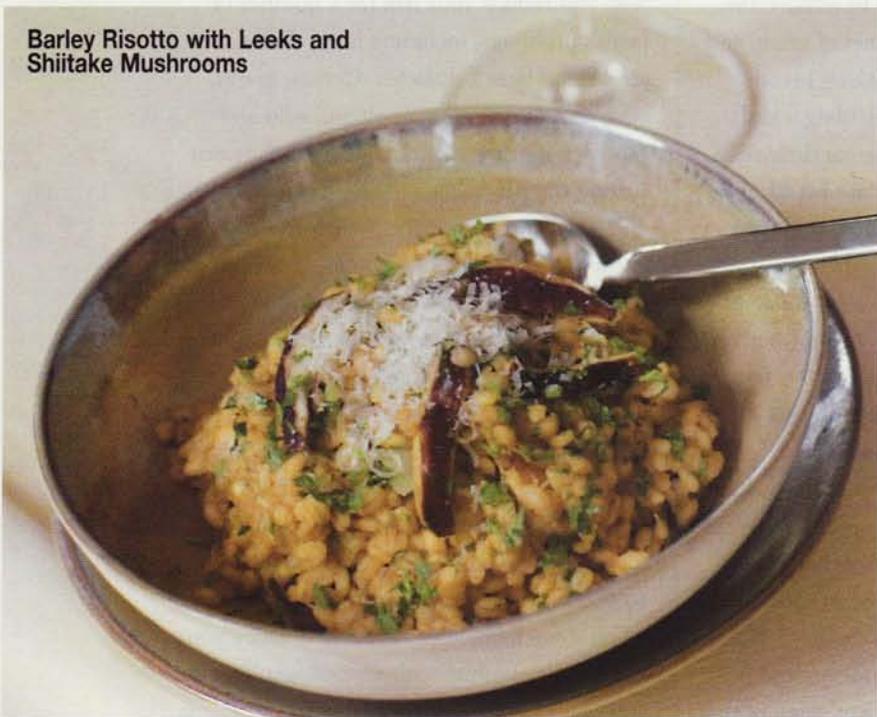
1. Pour vegetable stock into a small (2-quart) saucepot. Heat over low heat, keeping hot.
2. In a medium (3-quart) sauté pan or saucepot, heat 1 tablespoon olive oil over medium heat. Add mushrooms and sauté until they release their juice and become soft and tender, about 5 to 7 minutes. Remove and set aside. Wipe any remaining residue from pan if necessary.
3. Heat 1 tablespoon olive oil in pan over medium-low heat. Add leeks, sauté until softened, 3 to 4 minutes. Add garlic and sauté 1 minute more. Add the barley and stir to coat with leeks and olive oil, 1 to 2 minutes.
4. Add the wine, stir mixture until the liquid is absorbed into the barley. Add stock, 1/2 cup at a time, stirring frequently, waiting until most of the liquid is absorbed before adding more. The process should take about 30 minutes.
5. When the barley is tender but still slightly firm to the bite (yet not crunchy), stir in the mushrooms, Parmesan cheese and parsley. Season to taste with salt and pepper. Garnish with a sprinkle of Parmesan and a sprig of parsley, if desired. *Serves 4.*

farro with roasted vegetables & maple-cider vinaigrette

Chewy farro, combined with chunks of roasted fall vegetables and tossed in a tangy-sweet maple cider vinaigrette, makes a hearty lunch or a substantial side dish.

- 1½ cups farro (unrinsed)
- 5 cups water
- 1 teaspoon salt, plus more for seasoning
- 1 butternut squash, peeled and cut

Barley Risotto with Leeks and Shiitake Mushrooms



into ½-inch cubes
2 medium carrots, peeled and cut into
½-inch cubes
3 turnips, peeled and cut into
½-inch cubes
1 tablespoon roughly chopped fresh
thyme (or 1 teaspoon dried)
1 tablespoon extra-virgin olive oil
¼ cup dried cranberries
pepper

For dressing:

4 tablespoons apple cider vinegar
2 tablespoons maple syrup
1 tablespoon extra-virgin olive oil
salt and pepper to taste

1. Preheat oven to 450°F. In a medium (2- or 3-quart) saucepan, combine farro, water and 1 teaspoon salt. Bring to a boil. Reduce heat to medium-low and simmer, partially covered, for about 25 to 30 minutes until farro is tender but still chewy. Drain well.
2. In a bowl, combine butternut squash, carrots, turnips and thyme. Drizzle with olive oil and toss to coat. Spread in a single layer on a rimmed baking sheet (lined with parchment paper if desired) and season with salt and pepper. Bake for 30 to 40 minutes, until soft and beginning to brown.
3. Allow farro and roasted vegetables to cool slightly, then combine in a large bowl. Add dried cranberries. In a small bowl, combine apple cider vinegar, maple syrup and olive oil. Drizzle dressing over farro and roasted vegetable mixture, toss to coat, and season with salt and pepper. Serve warm or cold.

Note: Feel free to substitute any other root vegetables for the squash, carrots and turnips. You can also replace the cranberries with your favorite dried fruit, such as raisins, dried cherries or apricots.

Serves 4 for a main course or 6 as a first course.

Wild Rice, Zucchini
and Black Bean Soup





Salmon and Lemon-Dill
Quinoa Packets

salmon and lemon-dill quinoa packets

Quick-cooking quinoa makes a delectable bed for salmon cooked in aluminum with lemon and dill.

1½ cups quinoa, rinsed well

3 cups water

1 lemon, juiced (rind grated and reserved)

1 lemon, thinly sliced, seeds removed

3 tablespoons fresh dill, chopped and divided

4 (preferably wild) salmon fillets, bones and skin removed, about 6 ounces each

salt and pepper

Equipment:

Four pieces of aluminum foil or

parchment paper, each approximately 12 inches square.

1. Preheat oven to 425°F. Place quinoa and water in a medium (2-quart) saucepan and bring to a boil. Reduce heat, cover and simmer until liquid is absorbed, about 15 minutes.
2. When quinoa has absorbed all the water, sprinkle with grated lemon peel, lemon juice and 2 tablespoons dill. With a fork, gently fluff the quinoa, mixing the dill, lemon peel and juice into the quinoa.
3. To assemble the packets, place a 1-cup mound of quinoa on half of each piece of aluminum foil or parchment. Season both sides of the salmon fillets with salt and pepper and place one fillet on each mound of quinoa. Sprinkle fillets with the rest of the dill and cover each with three overlapping slices of lemon. Fold the other half of the aluminum foil loosely over the fish, crimping with the bottom edge to seal.
4. Place packets on a baking sheet and cook at 425°F for approximately 10 to 15 minutes. Salmon is finished when it is opaque. *Serves 4.*

GO WITH THE GRAIN

You can find exciting, unusual grains in health food stores, larger supermarkets and online (home-grownharvest.com, igourmet.com, earthydelights.com, bobsedmill.com). For cooking times, grain-to-water ratios and more info, visit wholegrainscouncil.com.



G R A I N G L O S S A R Y

amaranth: A staple of Aztec culture, amaranth is high in protein and calcium and has a peppery taste. It's gluten-free, so it's an ideal choice for those with celiac disease.

barley: Found in Egyptian tombs, this ancient seed is extremely high in fiber. Pearled barley, which is faster cooking than hulled barley, is not actually a whole grain, but its high fiber and iron levels still make it a better choice than totally refined grains. *

buckwheat: A relative of the rhubarb family, buckwheat is neither a grain nor a wheat, but its appearance and nutritional content often lands it in the same category. It has high levels of rutin, an antioxidant that can help keep blood vessels unblocked, plus protein, magnesium, fiber and copper. *

bulgur: Bulgur is a mild, quick-cooking wheat product made by boiling, drying and then cracking wheat kernels. It is high in fiber, iron and magnesium. *

farro: Also called Emmer, this Italian wheat variety is the base for semolina flour but can also be enjoyed whole for its subtle flavor and chewy texture. *

kamut: Once called "King Tut's wheat" (because of its Egyptian origins), this grain has a sweet, buttery taste and high levels of protein and vitamin E. *

millet: It's popular in China, South America and Russia, but in the U.S. birds consume more millet than humans do. Its delicate flavor can be enhanced by briefly toasting the grains before cooking.

quinoa: Pronounced KEEN-wah, the fast-cooking quinoa was cultivated by the Incas. Not a true grain, this relative of Swiss chard and beets is a complete protein, containing all essential amino acids. It's also a good source of iron, magnesium, phosphorus, potassium, zinc, copper and riboflavin. Be sure to wash it well to remove the natural bitter residue.

sorghum: While here in the States this hardy grain is often used to make wall-board or packing materials, sorghum (also called milo) is very versatile. It can be popped like popcorn, brewed into beer, simmered into a porridge or used in baked goods. It's gluten-free, so it's suitable for those with celiac disease.

* *Note: Not good for those with celiac disease.*