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### **MAKE DINNER A WHOLE GRAIN CHOICE**

My last two columns have focused on how to add more whole grains to your breakfast and lunch menu. Dinner, typically the biggest meal of the day, offers delicious recipes/foods to make sure you get the recommended 48 grams of whole grains daily.

Think beyond the bread aisle for whole grain dinner ideas. Today there are plenty of new pasta products on the market.....multigrain and whole grain. Be adventurous and experiment with brands to see what, if any, appeals to your taste buds. Our recipe for light fettuccine alfredo is a quick, easy, and delicious entrée for busy weeknights. Add a salad or vegetable and glass of milk and you have a nutritious meal for the family.

For the salad lover, try our recipes made from whole grains, for a perfect side dish. To make dinner prep easy, cook the grain the day before since many whole grains take considerably more time to cook. Use the chart that follows, developed by the Whole Grains Council, to guide you.

Dinner isn't complete without dessert, another opportunity to get whole grains in the day's menu. Modify recipes by substituting white whole grain flour for a third of refined white flour in your favorite recipes. Try this for pie crusts, cakes, cobblers, cookies, and brownies.

Regardless of the meal.....breakfast, lunch, or dinner.....make it a whole-grain choice.

## LIGHT FETTUCCINE ALFREDO

1 tablespoon margarine  
2 small cloves garlic, minced  
1 tablespoon all-purpose flour  
1 1/3 cups skim milk  
2 tablespoons light process cream cheese  
1 1/4 cups (2 1/2 ounces) grated fresh Parmesan cheese, divided  
4 cups hot cooked **whole/partial grain fettuccine**, cooked without salt or fat  
2 teaspoons chopped fresh parsley  
Freshly ground pepper

Melt margarine in a saucepan over medium heat. Add garlic; sauté 1 minute. Stir in flour. Gradually add milk, stirring with a wire whisk until blended; cook 8 minutes or until thickened and bubbly, stirring constantly. Stir in cream cheese, cook 2 minutes. Add 1 cup Parmesan cheese, stirring constantly until it melts. Pour over hot cooked fettuccine; toss well to coat. Top with remaining 1/4 cup Parmesan cheese, fresh parsley, and pepper. Yield: 4 (1 cup) servings: 345 calories and 9.7g fat.

## RICE SALAD

1 (6 oz.) package **long grain wild rice mix\***  
1/2 cup light mayonnaise  
1/4 cup plain low-fat yogurt  
1 cup sliced celery  
1 cup tomato, cubed  
1/2 cup cucumber, peeled & cubed  
2 tablespoons parsley  
1/8 teaspoon seasoned salt  
1/8 teaspoon pepper  
1/4 cup dry roasted peanuts

Cook rice according to package directions. Drain and cool. Combine all other ingredients except peanuts, and stir well. Add peanuts and serve.



Whole Grains Council / Oldways  
 266 Beacon St., Boston MA 02116  
[www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

## COOKING WHOLE GRAINS

To 1 cup of this grain...	Add this much water or broth:	Bring to a boil, then simmer for:	Amount after cooking
Amaranth	2 cups	20-25 minutes	3 1/2 cups
Barley, hulled	3 cups	45-60 minutes	3 1/2 cups
Buckwheat	2 cups	20 minutes	4 cups
Bulgur	2 cups	10-12 minutes	3 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2 1/2 cups
Couscous, whole wheat	2 cups	10 min. (heat off)	3 cups
Kamut® grain	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Millet, hulled	2 1/2 cups	25-35 minutes	4 cups
Oats, steel cut	4 cups	20 minutes	4 cups
Pasta, whole wheat	6 cups	8-12 minutes (varies by size)	Varies
Quinoa	2 cups	12-15 minutes	3+ cups
Rice, brown	2 1/2 cups	25-45 minutes (varies by variety)	3-4 cups
Rye berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Sorghum	4 cups	25-40 minutes	3 cups
Spelt berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wheat berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wild rice	3 cups	45-55 minutes	3 1/2 cups

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