



T O M A H H E A L T H

Cooking for 1 or 2



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Extra Vegetable Fried Rice

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 15 MIN

Ingredients

- 1 ½ teaspoons + 2 tablespoons avocado oil or safflower oil, divided
- 2 eggs, whisked together
- 1 small white onion, finely chopped (about 1 cup)
- 2 medium carrots, finely chopped (about ½ cup)
- ¼ teaspoon salt, more to taste
- 1 tablespoon grated or finely minced fresh ginger
- 2 large cloves garlic, pressed or minced
- Pinch of red pepper flakes
- 2 cups cooked brown rice
- 1 cup greens (optional), such as spinach or kale
- 3 green onions, chopped
- 1 tablespoon reduced-sodium tamari or soy sauce**
- 1 teaspoon toasted sesame oil
- Chili-garlic sauce or sriracha, for serving (optional)
- 2 cups additional veggies, cut into very small pieces for quick cooking (see photos for size reference; options include snow peas, asparagus, broccoli, cabbage, bell pepper, and/or fresh or frozen peas—no need to thaw first)

**Make sure to wash
your fruits & veggies
before using/cooking!**



Directions

1. Warm a large cast iron or stainless steel skillet over medium-high heat until a few drops of water evaporate within a couple of seconds. Immediately add 1 ½ teaspoons of oil and swirl the pan to coat the bottom. Add the scrambled eggs and swirl the pan so they cover the bottom. Cook until they are just lightly set, flipping or stirring along the way. Transfer the eggs to a bowl and wipe out the pan with a heat-proof spatula.
2. Return the pan to heat, add 1 tablespoon oil, and cook onion and carrots, stirring frequently, until translucent and tender (3-5 minutes).
3. Add remaining veggies and salt. Cook, stirring occasionally, until veggies are tender and golden (3-5 minutes). Break eggs into smaller pieces.
4. Transfer cooked veggies to the bowl with eggs. Return the pan to heat and add another tablespoon of oil, then add ginger, garlic, and red pepper flakes. Cook for 30 seconds, then add rice and cook, stirring occasionally, until hot and golden (3-5 minutes).
5. Stir in greens (if using) and green onions. Add cooked veggies and eggs, then stir in tamari and sesame oil. Adjust seasoning with tamari or salt to taste.
6. Serve immediately, topped with chili-garlic sauce or sriracha. Leftovers can be store in the fridge for 3-4 days.



Carrot Energy Bites

SERVINGS: 8-10

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN: NEED TO FREEZE

Ingredients

- 1 medium carrot
- 1 cup oats (quick or rolled)
- 3 to 4 dates
- 1/4 c. maple syrup or honey
- 1/4 c. cashew, almond, walnut, or sunbutter
- 1/4 c. shredded coconut
- Dash of cinnamon
- Ground flaxseed

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Directions

1. Chop carrot finely in bowl of a food processor.
2. Once carrot is finely chopped, add the remaining ingredients (except the ground flaxseed).
3. Pulse until combined.
4. Roll 1 oz. balls in flaxseed and then freeze.



“Bird Seed” Cookies

SERVINGS: 8-10

PREPPING TIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- 1 cup pepitas (raw or roasted with salt)
- 1 cup sunflower seeds
- 1/2 c. small seeds (flaxseed, chia seed, black or white sesame)
- 6 tablespoons honey
- 2 teaspoons vanilla
- 2 cups melted chocolate with a tablespoon of coconut oil in it (dark, milk or white)

Directions

1. Toss all seeds, honey, and vanilla in a large bowl.
2. Portion into silicone muffin tins (or use a regular muffin tin with cupcake liners)
3. Bake at 350° degrees for about 10 minutes. Be sure to watch-they can burn quickly.
4. Remove from oven and muffin tins and let cool slightly so that you can comfortably hold them. If you use cupcake liners, remove them from the seeds.
5. Dip the top of each cookie in 2 cups of melted chocolate with 1 tablespoon of coconut oil in it. If using cupcake liners, drizzle chocolate on top.



Honey Mustard Pecan Crusted Salmon

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 10-15 MIN

Ingredients

- 2 tablespoons dijon mustard
- 2 tablespoons butter, melted
- 1 tablespoons honey
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup panko bread crumbs
- ¼ cup finely chopped pecans or walnuts
- 2 tablespoons finely chopped parsley
- 4 wild caught salmon fillets
- Lemon wedges

Directions

1. Line a baking sheet with aluminum foil and spray with cooking spray. Arrange the salmon on the prepared pan. Season with salt and pepper. Set aside.
2. In a small bowl, whisk together the mustard, melted butter, honey, salt, and pepper. Set aside.
3. In another small bowl, mix together the panko, pecans, and fresh parsley.
4. Spoon the honey mustard mixture evenly over the salmon fillets. Sprinkle the panko-pecan mixture over the glaze, pressing it lightly to adhere.
5. Bake for 10-15 minutes in a 400° F oven, ensuring a minimum internal temperature of 145° F is reached.



Fruit & Nut Bars

SERVINGS: 12

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- 1 cup hot water
- $\frac{3}{4}$ cup dried cherries, apricots, cranberries, blueberries or a mixture
- $\frac{1}{2}$ cup pitted dates, chopped
- 1 cup raw whole almonds
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon salt

**Make sure to wash
your fruits before
using/cooking!**



Directions

1. Line an 8 x 4 bread pan with plastic wrap, letting the excess hang over the sides.
2. Pour the hot water over the dried fruit. Allow to sit for 10 minutes to soften the fruit. Drain the fruit well and dry on paper towels.
3. In the bowl of a food processor, pulse the almonds with the cinnamon and salt until finely ground.
4. Add the dried fruit and pulse until the mixture is finely ground and starts to clump.
5. Transfer the mixture to the prepared pan and spread into an even layer. Wet fingers may prevent the mixture from sticking. Press and smooth the mixture.
6. Refrigerate until firm.
7. When the mixture has hardened, lift the bars from the pan and discard the plastic. Cut 3x4 into 12 bars. Keep refrigerated for up to a week.



Hearty Mashed Potatoes

SERVINGS: 6

PREPPING TIME: 5 MIN

COOKING TIME: 25 MIN

Ingredients

- 4 potatoes (peeled and cut into chunks, about 2 pounds)
- 1 can garbanzo beans, low-sodium (15 oz., drained-could also substitute great northern beans, cannellini beans, or any white bean)
- 1/2 cup milk, non-fat
- 1/4 cup Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder (optional)
- Black pepper (to taste)

Make sure to wash
your veggies
before using/cooking!



Directions

1. Place potatoes in a large saucepan and cover with water. Bring to a boil over high heat. Once the water is boiling, reduce to a simmer.
2. Add the garbanzo beans 10 minutes after the potatoes start cooking. Continue cooking until the potatoes are fork-tender, about 20 minutes.
3. Drain the water and place the saucepan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
4. Add the milk, cheese, and seasonings.
5. Reheat if necessary. Serve hot.



Garlic Parmesan White Beans

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

Ingredients

- 3 to 4 garlic cloves, minced
- Extra virgin olive oil
- Two 15-ounce cans of cannellini beans, drained
- 1 cup cherry tomatoes, halved
- Kosher salt and black pepper
- ½ teaspoon cayenne
- ½ teaspoon sweet paprika
- ½ teaspoon cumin
- 1 cup chopped fresh parsley
- ¼ to 1/3 cup shaved Parmesan cheese
- 1/4 cup grated Pecorino Romano
- Juice of half a lemon

Make sure to wash
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before using/cooking!



Directions

1. In a large pan, warm 2 tablespoons extra virgin olive oil over medium heat. Add the garlic and cook briefly, tossing regularly, until just golden.
2. Add the cannellini beans and ½ cup water. Season with kosher salt, black pepper, and spices.
3. Add the tomatoes. Cook, stirring occasionally, until warmed through (about 10 minutes)
4. Stir in the parsley, cheese, and lemon juice.
5. Finish with a generous drizzle of extra virgin olive oil. Serve immediately with pita or your favorite crusty bread.



Canned Salmon Salad

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

Ingredients

- 2 (5 ounce) cans salmon drained
- 1/4 cup mayo
- 1 teaspoon Dijon mustard
- 1/2 tablespoon lemon juice + zest of 1/2 lemon
- 1 stick celery chopped small
- 1-2 tablespoons capers drained & chopped
- 1-2 tablespoon red onion chopped small
- 1 tablespoon fresh dill chopped
- Salt & pepper to taste

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Directions

1. Drain the salmon and add it to a bowl. Mash it with a fork. Add the other ingredients to the bowl, then mix them all together.
 2. Taste and season with salt & pepper/adjust ingredients as needed.
- This recipe makes enough for 4 sandwiches (try adding some lettuce, tomato, cucumber, and/or sliced cheese to each sandwich). This canned salmon salad will keep in the fridge for 3-5 days.
 - The recipe is easily halved (just use one can of salmon and cut the other ingredients in half).
 - This recipe is very forgiving. If you don't like an ingredient, you can definitely leave it out/sub as needed with what you've got on hand!



Red Lentil Soup

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 35 MIN

Ingredients

- 3 tablespoons olive oil, plus more for drizzling
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- Salt and black pepper
- Pinch of chili powder or ground cayenne, plus more to taste
- 1 quart chicken or vegetable broth
- 1 cup red lentils
- 1 large carrot, peeled and diced
- Juice of ½ lemon, more to taste
- 3 tablespoons chopped fresh cilantro

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Directions

1. Heat 3 tablespoons oil over high in a large pot until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes.
2. Stir in tomato paste, cumin, ¼ teaspoons each salt and black pepper, chili powder, and sauté for 2 minutes longer.
3. Add broth, lentils, and carrot. Bring to a simmer, then partly cover the pot and turn the heat to medium-low. Simmer until lentils are soft, about 30 minutes. Add more broth or water if you would not like it as thick. Taste and add salt if necessary.
4. Using an immersion, regular blender, or food processor, purée half the soup, then add it back to the pot. The soup should be somewhat chunky.
5. Reheat soup if necessary, then stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dusted lightly with chili powder, if desired.



Three Bean Stew

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

Ingredients

- 1 tablespoon olive oil (or canola oil)
- 1 onion (medium, chopped)
- 1 green pepper (medium, chopped)
- 2-3 cayenne peppers, chopped (optional-could also substitute other spicy peppers)
- 1 clove garlic (minced, or 1/8 teaspoon garlic powder)
- ¼ pound ground meat, browned (optional)
- 1 can black beans (15 ounces, drained and rinsed)
- 1 can light red kidney beans (15 ounces, drained and rinsed)
- 1 can ranch style pinto beans with sauce (15 ounces-may substitute unseasoned pinto beans)
- 1 can diced tomatoes with chilis
- ½ cup salsa or picante sauce
- ¼ tsp chili powder

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Directions

1. Heat the oil in a skillet over medium heat.
2. Add the onion, ground meat, and garlic and cook until tender.
3. Stir in the beans, tomatoes, and salsa.
4. Cook for 10 minutes.
5. Refrigerate leftovers in shallow containers.



Chickpea Salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- 15 oz. can chickpeas, drained and rinsed
- 1 rib celery, minced
- ¼ cup minced pickles
- ¼ cup minced onion (red, white, or green onion)
- 2-4 Tablespoons mayo, depending on how creamy you like it
- 2 teaspoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 Tablespoon minced fresh dill or ½ teaspoon dried dill
- Salt and black pepper (to taste)
- zest of 1 lemon (optional)
- ½ teaspoon smoked paprika (optional)
- 1 teaspoon Worcestershire sauce (optional)

Make sure to wash
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Directions

1. Add chickpeas to a large mixing bowl then use a potato masher or the back of a fork to smash ¾ of them. Once mashed, add the remaining chickpeas and the rest of the ingredients to the bowl and stir to combine.
2. Taste and add more mayo for creaminess or lemon juice for brightness. Serve with your choice of cracker, lettuce wraps, mixed greens, or pita bread.



Sweet Potato Chili

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

Ingredients

- 2 tablespoons olive oil
- 1 onions, diced
- 4 cloves of garlic, diced
- 1 red bell peppers, diced
- 1 green bell peppers, diced
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 tablespoons oregano
- 1 quart vegetable broth
- 2 (14.5 ounce) cans diced tomatoes, with juice
- 2 tablespoons tomato paste
- 2 sweet potatoes, peeled and diced into 1/2" cubes
- 2 (14.5 ounce) black beans, rinsed and drained
- 1 teaspoons salt
- 2 teaspoons fresh lime juice

**Make sure to wash
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before using/cooking!**



Directions

1. Heat the olive oil over medium heat in a large stock pot.
2. Add the onions, garlic, bell peppers, and sauté, stirring frequently, until the onions begin to brown for at least 10 minutes.
3. Add the chili powder, cumin, and oregano. Cook for two more minutes.
4. Stir in all the remaining ingredients and bring the mixture to a boil. Stir frequently. Cook for 15 minutes or just until the sweet potatoes are tender.
5. Season with salt and pepper to taste.



Black Bean Brownies

SERVINGS: 12

PREPPING TIME: 5 MIN

COOKING TIME: 30-40 MIN

Ingredients

- 1 1/2 cups black beans (one 15 oz. can, drained and rinsed very well)
- 3 large eggs
- 3 Tablespoons oil, a flavorless oil like canola or vegetable oil
- 1 teaspoon vanilla extract
- 1/4 cup unsweetened cocoa powder
- 2/3 cup sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt, plus sea salt for sprinkling
- 1/2 cup semi-sweet chocolate chips
- 2 Tablespoons almond flour (or regular flour)
- 1/2 teaspoon instant or finely ground coffee (optional)

Directions

1. Preheat oven to 350°F
2. Puree the can of drained black beans in a food processor until it is a smooth paste.
3. In a large bowl, mix together the bean puree, 3 large eggs, 3 Tbsp. oil, and 1 tsp. vanilla extract.
4. In a separate bowl, combine 1/4 cup unsweetened cocoa powder, 2/3 cup sugar, 1/2 tsp. baking powder, 1/4 tsp. salt, and coffee (if using). Add the dry ingredients to the wet ingredients, then stir in 1/2 cup semi-sweet chocolate chips.
5. Grease an 8X8 or 9X9 inch pan, then line with parchment paper. Pour in batter and bake for 30-40 minutes, or until the edges are visibly cooked and the center doesn't jiggle much when you shake the pan (a toothpick may still come out a little gooey and that's fine!). Allow brownies to cool before cutting.



Cowboy Caviar

SERVINGS: 12

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

- 2 cans (14 ounces each) black-eyed peas, rinsed and drained, or 3 cups of cooked black-eyed peas
- 1 can (14 ounces) black beans, rinsed and drained, or 1 ½ cups cooked black beans
- 1 ½ cups fresh or defrosted frozen corn kernels (about 2 ears of corn) or 1 can (14 ounces) corn, drained
- 1 ½ cups chopped ripe tomatoes (about ¾ pound)
- 1 medium red, orange, or yellow bell pepper, chopped
- ¾ cup chopped red onion (about ½ small red onion)
- ½ cup chopped cilantro, leaves and stems
- 1 to 2 jalapeños, ribs removed, seeded and finely chopped
- 1 avocado (optional)

Dressing Ingredients:

- ⅓ cup olive oil
- 3 tablespoons red wine vinegar or lime juice
- 2 medium cloves garlic, pressed or minced
- 1 to 1 ½ teaspoons salt, to taste
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- 1 teaspoon maple syrup or honey
- ⅛ teaspoon red pepper flakes
- Freshly ground black pepper, to taste

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before using/cooking!**



Directions

1. In a large serving bowl, combine the drained black-eyed peas, black beans, corn, chopped tomatoes, bell pepper, onion, cilantro and jalapeño. If you'll be including avocado, wait to dice it until you're ready to serve the dip so it doesn't turn brown in the meantime.
2. In a cup, whisk together the dressing ingredients until well blended. Drizzle the dressing over the serving bowl and toss until well mixed. Season to taste with additional salt and pepper. If you'd like the salad to have more of a pickled flavor, add another tablespoon of vinegar, or for more richness, add another tablespoon or two of olive oil.
3. For best flavor, let the mixture marinate for at least 20 minutes before serving. If you're adding avocado, mix it in just before serving.

Serving suggestions: Don't forget the chips! I also like to turn this dip into a green salad by serving it on lettuce with a squeeze of lime, some crumbled feta, and a sprinkle of crushed corn chips or toasted pepitas.

Storage suggestions: This dip keeps well in the refrigerator, covered, for up to 4 days.

Vinaigrette Matrix

Basic Vinaigrette- 3:1 Ratio

Pair the following (3 parts oil, 1 part acid):

- Avocado Oil & Lime Juice
- Canola Oil & Apple Cider Vinegar
- Extra Virgin Olive Oil & Lemon Juice
- Extra Virgin Olive Oil & Balsamic Vinegar
- Flaxseed Oil & Lemon Juice
- Sesame Oil & Rice Wine Vinegar
- Walnut Oil & Grapefruit Juice

Add a Level of Complexity: Level 1

Dressing Type	6 TB	2 TB	1-3 teaspoons	To taste
Lemon	Olive Oil	Lemon Juice	Honey	Dijon Mustard, Salt, & Pepper
Cilantro Lime	Avocado Oil	Lime Juice	Agave	Cumin, Cilantro, Salt & Pepper
Sesame	Sesame Oil	Rice Wine Vinegar	Honey	Garlic, Ginger, Siracha, Soy Sauce
Mustard	Canola Oil	Apple Cider Vinegar	Honey	Mustard, Garlic, Salt & Pepper
Balsamic	Olive Oil	Balsamic Vinaigrette	Honey	Garlic, Mustard, Salt & Pepper
Grapefruit	Walnut Oil	Grapefruit Juice	Maple Syrup	Garlic, Mustard, Salt & Pepper

Add a Level of Complexity: Level 2

Dressing Type	6 TB	2 TB	1-3 teaspoons	To taste	Blend With:
Lemon Tahini	Olive Oil	Lemon Juice	Honey	Dijon Mustard, Salt, & Pepper	1/2 cup tahini
Avocado Lime	Avocado Oil	Lime Juice	Agave	Cumin, Cilantro, Salt & Pepper	1/2 Avocado
Thai Peanut	Sesame Oil	Rice Wine Vinegar	Honey	Garlic, Ginger, Siracha, Soy Sauce	1/2 cup creamy peanut butter
Creamy Honey Mustard	Canola Oil	Apple Cider Vinegar	Honey	Mustard, Garlic, Salt & Pepper	1/4 cup plain yogurt
Creamy Balsamic	Olive Oil	Balsamic Vinaigrette	Honey	Garlic, Mustard, Salt & Pepper	1/4 cup mayonnaise

Pesto Matrix

Pesto Type	Herb Base	Nut	Cheese	Acid	Oil
	<i>2-3 cups</i>	<i>1/2 cup</i>	<i>1/2 cup</i>	<i>1-2 TB</i>	<i>2/3 cup</i>
Traditional	Basil	Pine Nuts	Parmesan Cheese	Fresh Squeezed Lemon Juice	Olive Oil
Spinach Walnut	Spinach	Walnut	Parmesan Cheese	Fresh Squeezed Lemon Juice	Walnut Oil
Pesto Rosso	Sun dried tomatoes	Almonds	Parmesan Cheese	Balsamic Vinegar	Olive Oil
Cilantro	Cilantro	Pepitas	Cotija or Mexican Crumbling Cheese	Fresh squeezed Lime Juice	Avocado Oil



Blend your pesto type in a food processor with 2-4
cloves of garlic and salt and pepper to taste

Grain Bowl Matrix

Grain Bowl Type	Whole Grain	Protein	Sauce	Plants	Crunch	Flavoring or Acid
	<i>1 cup</i>	<i>½ cup</i>	<i>2 TB</i>	<i>Load it up</i>	<i>2 TB</i>	<i>To taste</i>
Savory Oatmeal	Oats	Poached Egg	EVOO, S&P	Sautéed Mushrooms Wilted Spinach Scallions	Toasted Sesame Seeds	Tamari Hot Sauce
Southwest Quinoa	Quinoa	Black Beans	Cilantro Lime Vinaigrette	Tomatoes Corn Avocado Roasted Zucchini Cilantro Jicama	Pepitas	Queso Fresca Pickled Red Onions
Mediterranean Bowl	Whole Wheat Pasta or Couscous	Garbanzo Beans	Lemon Vinaigrette	Tomatoes Cucumbers Parsley	Toasted Almonds	Kalamata Olives Feta Banana Pepper
Asian Wild Rice	Wild Rice	Edamame	Sesame Vinaigrette	Sugar Snap Peas Shredded Carrots Cilantro Red Cabbage	Cashews	Tamari Hot Sauce
Tuna Walnut Noodles	Whole Wheat Spaghetti	Oil Packed Tuna	Lemon Vinaigrette	Arugula Parsley	Walnuts	Parmesan
Peanut Noodles	Soba Noodles	Edamame	Thai Peanut	Sugar Snap Peas Shredded Carrots Cilantro	Crushed Peanuts	Tamari Hot Sauce

HOW TO COOK & USE DRY BEANS

Ingredients:

1 package dried beans (ex//navy, black, kidney, pinto, etc.)



BEAN TIPS

- 1 cup of dry beans makes about 3 cups of cooked beans
- Cooked beans can be stored in the freezer for 6 months!
- Freeze beans in 1-2 cups so they're easy to use for recipes. A 15 oz. can of beans is 1.5 cups.

STOVE TOP METHOD



1. Rinse beans and place in a large pot. Cover with 3 cups of water per 1 cup of beans. Use 10 cups for a 1 pound bag. Do either a short or long soak before cooking



Short Soak: Bring beans to a boil & boil for 3 minutes. Then remove from heat and let stand covered for 1-4 hours. Rinse and drain beans.



Long Soak: Cover beans with cold water at least 3 inches above the beans. Soak overnight, uncovered. Rinse and drain beans in the morning.



2. Add 3 cups of cold fresh water for every 1 cup of dry beans. Bring to a boil, then reduce heat to low and simmer until soft, but not mushy (about 2 hours).

SLOW COOKER METHOD



1. Rinse beans then combine 1 pound dry beans (2 cups) with 8 cups water in a slow cooker.



2. Cook on low for 6-8 hours (or overnight) until beans are soft, but not mushy.

ELECTRIC PRESSURE COOKER METHOD



1. Rinse beans then combine 1 pound dry beans (2 cups) with 8 cups water, 2 teaspoons salt, 1 bay leaf (optional), 1 onion-quartered (optional), and 1/4 cup olive oil (optional) in an electric pressure cooker.

2. Place lid on pressure cooker and close valve to seal

3. Cook on **high pressure** for the following times:

Kidney or Great Northern Beans- 35 minutes **Black Beans-** 30 minutes

Pinto or Navy Beans- 25 minutes **Chickpeas or Butter Beans-** 40 minutes

4. Allow pressure to naturally release or wait at least 20 minutes before doing a quick release of the pressure valve



Tomah Health
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WHOLE GRAIN COOKING TIPS

You can add whole grains to your meals without cooking, simply by choosing breads, breakfast cereals, and other prepared whole grain foods. If you'd like to enjoy delicious whole grains at home as a side dish, however, here are some guidelines for cooking them from scratch.

1 Cup of Grain	Water	Cook Time	Cooked Amount
Amaranth	2 cups	25–25 minutes	3½ cups
Barley, hulled	3 cups	45–60 minutes	3½ cups
Buckwheat	2 cups	20 minutes	4 cups
Bulgur	2 cups	10–12 minutes	3 cups
Cornmeal (polenta)	4 cups	25–30 minutes	2½ cups
Couscous, whole wheat	2 cups	10 minutes (heat off)	3 cups
Kamut®	4 cups	Soak overnight, then cook for 45–60 minutes	3 cups
Millet, hulled	2½ cups	20 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
Brown Rice	2½ cups	45 minutes (varies by variety)	3–4 cups
Rye berries	4 cups	Soak overnight, the cook 45–60 minutes	3 cups
Sorghum	4 cups	25–40 minutes	3 cups
Spelt berries	4 cups	Soak overnight, the cook 45–60 minutes	3 cups
Teff	3 cups	For porridge: Toast: 3 min. Simmer: 15–20 min.	3 cups
Wheat berries	4 cups	Soak overnight, then cook 45–60 minutes	3 cups
Wild Rice	3 cups	45–55 minutes	3½ cups

NUTTIER, FULLER FLAVOR

Whole grains are generally chewier than refined grains and have a nuttier, fuller flavor. You and your family may find this unfamiliar at first. But after a month or two, refined grains may start to taste very plain and uninteresting by contrast. Stick with it until your palate adjusts, and reap the health benefits.



PLAIN GRAINS, GENERAL DIRECTIONS

Cooking most grains is very similar to cooking rice. You put the dry grain in a pan with water or broth, bring it to a boil, then simmer until the liquid is absorbed. Pasta is generally cooked in a larger amount of water; the excess is drained away after cooking. Don't be intimidated!

PASTA METHOD

Some grains, like brown rice, farro, and wheat berries, can be cooked using the “pasta method,” where uncooked whole grains are placed in a large pot of boiling water, boiled until tender, then drained of their excess liquid. America's Test Kitchen found that this process significantly speeds up cooking (taking brown rice from 60 minutes to 35).

SHORTCUTS

- **SOAKING:** If you want to cook grains more quickly, let them sit in the allotted amount of water for a few hours before cooking. Just before dinner, add extra water if necessary, then cook. You'll find that cooking time is much shorter with a little pre-soaking.
- **PRE-COOKING:** For steel-cut oats, try this shortcut: Bring water and oats to a boil, then turn off the heat and let the oats soak overnight. In the morning, return the oats to a boil, and they'll soften much quicker. (This approach is similar to the “two-step” cooking method popularized in Maria Speck's cookbook, *Simply Ancient Grains*.)
- **BATCH COOKING:** Another shortcut is to cook whole grains in big batches. Grains keep 3-4 days in your fridge and take just minutes to warm up with a little added water or broth. You can also use the leftovers for cold salads (just toss with chopped veggies, dressing, and anything else that suits your fancy), or toss a few handfuls in some canned soup. Cook once, then take it easy.
- **QUICK COOKING:** There are also many quick-cooking grains on the market, both in the freezer aisle and the grain aisle. These grains have been pre-cooked so some are ready in as little as 90 seconds in the microwave.

STICKY BOTTOMS

If whole grains are sticking to the bottom of the pan, turn off the heat, add a very small amount of liquid, put a lid on the pan, and let it sit a few minutes. The grain will loosen, easing serving and cleanup.

IMPORTANT: TIME VARIES

Grains can vary in cooking time depending on the age of the grain, the variety, and the pans you're using to cook. When you decide they're tender and tasty, they're done! If the grain is not as tender as you like when “time is up,” simply add more water and continue cooking. Or, if everything seems fine before the liquid is all absorbed, simply drain the excess.



FOOD RESOURCES

1. **SECOND HARVEST FOODBANK OF SOUTHERN WISCONSIN.** Mobile Pantries.

608-223-9121 secondharvestmadison.org/find-food

- **Sparta**-Youth Hockey Rink, 1121 E Montgomery Street, Sparta. Occurs on the 3rd Monday of the month beginning at 3:30 pm for about an hour until they run out of food.
- **Norwalk**-208 East Church Street. Occurs on the 4th Tuesday of the month starting at 10:30 am for about an hour or until they run out of food.
- **Tomah**-Fairgrounds/Recreation Park in the gold building at 1615 Butts Avenue, Tomah. Occurs on the 1st Tuesday of each month beginning at 3:30 for about an hour or until they run out of food.

2. **NEIGHBOR FOR NEIGHBOR.** 1118 Veterans Street, Tomah. 608-372-6737

nfnfoodpantry.org Provide a variety of canned, fresh and frozen foods. Bring a photo ID and mail received in the last 30 days with first and last name. Hours below (recommend calling to verify hours):

- Mondays 1pm to 3:30pm
- 1st and 3rd Wednesday 8am to 10 am
- 2nd and 4th Wednesday 3 pm to 5pm
- Thursday 10am to 12 pm

3. **COULEE CAP FOOD PANTRY.** 214 North Black River Street, Sparta. 608-424-4187

couleecap.org Hours: Mondays and Thursdays 10 am to 3 pm.

4. **CASHTON CUPBOARD AND CLOSET.** 199 Front Street, Cashton. 608-654-5570

cashton.com/cashton-cupboard-closet

5. **BREAD BASKET ECUMENICAL FOOD PANTRY.** 114 North Water Street, Sparta. 608-269-5081

6. TOMAH COMMUNITY TABLE. 310 West Elizabeth Street (Gloria Dei Lutheran Church), Tomah. 608-343-7039, Meal distribution occurs on Mondays starting at 4:30 and are available while supplies last. Distribution is drive up.

7. LADLES OF LOVE. 612 North Water Street (Trinity Lutheran Church), Sparta. 608-269-5081. Free community meal every Thursday at 6pm.

Key Nutrients & Foods Lists

Vitamin B 12

Beef Liver
Canned Tuna
Clams
Eggs
Fortified Cereal
Ground Beef
Milk
Nutritional Yeast
Oysters
Salmon
Yogurt

Vitamin D

Egg Yolks
Fortified Milk
Mushrooms
Salmon
Sardines
Soy Milk
Tuna

Calcium

Broccoli
Cheese
Kale
Milk
Salmon
Sardines
Soy Milk
Soybeans
Tofu
Yogurt

Iron (Heme)

Animal-Based

Beef
Chicken (dark meat)
Haddock
Liver
Mackerel (Chub)
Oysters/Clams
(cooked)
Pork
Salmon
Sardines
Turkey (dark meat)
Venison

Iron (Non-Heme)

Plant-Based

*Combine with
Vitamin C*
Almond Butter
Baked Potato
Black Beans
Broccoli
Cannellini Beans
Cashew Butter
Cheerios
Chickpeas
Edamame
Kale or Spinach
Kidney, Lima, Pinto
Beans
Lentils
Oatmeal (iron-
fortified)
Peanut Butter
Peas
Sesame/Tahini
Tofu

Magnesium

Almonds
Avocado
Black Beans
Banana
Broccoli
Brown Rice
Cashews
Chia Seeds
Edamame
Ground Beef
Kidney Beans
Milk
Oatmeal
Peanut Butter
Peanuts
Potato with skin
Pumpkin Seeds
Raisins
Salmon
Soymilk
Spinach
Wheat Bread
Wheat Cereal

Omega – 3s

Chia seeds
Edamame
Flaxseed (ground)
Kidney Beans
Mackerel (Chub)
Salmon
Sardines
Trout
Walnuts

Zinc

Almonds
Asparagus
Avocado
Beef (grass-fed)
Broccoli
Chia Seeds
Chicken (dark meat)
Chickpeas
Crab
Edamame
Kidney Beans
Lentils
Liver
Nut/Seed Butters
Oats
Oysters (cooked)
Quinoa
Peas
Ricotta Cheese
Sesame/Tahini
Spinach
Squash
Swiss Chard
Tofu
Turkey (dark meat)
Wild Rice
Yogurt