

Module 10

A top-down photograph of a light green ceramic bowl filled with cooked, translucent grains, likely brown rice or quinoa, garnished with small red seeds. The bowl sits on a light-colored wooden cutting board. To the right of the bowl, two wooden kitchen utensils, a spoon and a fork, are partially visible. The background features a repeating pattern of light gray swirls on a white background.

GREAT GRAINS RECIPES

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Whole grains, like the ones included in this recipe packet, help maintain a healthy weight and support heart health and digestion.

Some grains take longer to prepare than others, so our "cook once, eat twice" tip is helpful! Many of the following recipes call for cooked grains, so experiment with cooking a large batch and using them as needed.



BASIC BROWN RICE



Prep time: 5 minutes



Cooking time: 45–60 minutes



Servings: 4

Ingredients

- 1 cup brown rice
- 1-3/4 cups water or broth
- Seasonings to taste

Directions

1. Rinse rice in a bowl of cool water and strain.
2. Place rice and water or broth in a pot with a tight lid.
3. Bring to a boil, then reduce heat to a simmer.
4. Cover and let simmer for 50 minutes. If you are not experienced with cooking rice, you'll want to check the rice 10 minutes before the anticipated finish time so you don't burn the rice. (If you do burn it, it's okay – just try again!)
5. Remove from heat and let stand 10 minutes.
6. Fluff with fork and serve.

VERSATILE RICE PILAF



Prep time: 5 minutes



Cooking time: 55 minutes



Servings: 4

Ingredients

- 1 tsp oil or butter
- 1 cup brown rice
- 1-3/4 cups broth or water
- 1/4 tsp salt
- 1 cup fresh vegetables, chopped
- 1/2 cup chopped nuts or seeds
- Chopped herbs and seasonings to taste

Directions

1. Heat oil in a heavy skillet with a tight lid on medium heat.
2. Add rice, stirring for 5 minutes or until grains are lightly roasted.
3. Add broth and salt, bring to a boil, cover tightly, and cook for 45 minutes.
4. Stir in vegetables, nuts, and herbs; cover and continue to cook for 5 minutes.

Note: Pilafs involve sautéing the raw grains to add a nutty, toasted flavor. Always use a wooden spoon to stir rice and avoid breaking the grains.

CREAMY RICE PUDDING



Prep time: 5 minutes



Cooking time: 65 minutes



Servings: 4

Ingredients

- 1 cup rice
- 1 cup amasake
- 1/2 cup water or apple juice
- 3 tbsp chopped raisins
- 3 tbsp sunflower seeds or chopped nuts
- 1 tsp cinnamon or grated lemon peel
- 1 tsp vanilla

Directions

1. Cook rice according to the Basic Brown Rice recipe.
2. Combine all ingredients.
3. Heat and simmer for 10–20 minutes – the longer you cook it, the softer it will get.
4. Serve warm or cool.

Note: Amasake is a creamy sweetener that can be found in the refrigerated section of a health food store.

CONGEE



Prep time: 5 minutes



Cooking time: 4–6 hours



Servings: 1

Ingredients

- 2 tbsp rice
- 2 cups water

Optional

- Beans
- Vegetables
- Spices
- Seasoning

Directions

1. Simmer rice in water over the lowest possible heat or in a Crock-Pot for 4–6 hours.
2. Add optional ingredients.

Note: Congee is the product of cooking rice for an extended period over low heat. It enables the body to assimilate and absorb the medicinal properties of rice. Congee is an excellent choice for infants, convalescents, people under stress, or those with a weakened digestive or immune system. It is extremely beneficial for someone with an inflamed digestive tract or extreme diarrhea.

BASIC KASHA



Prep time: 5 minutes



Cooking time: 10–15 minutes



Servings: 4

Ingredients

- 1 cup kasha (cracked)
- 2 cups water
- Pinch of sea salt

Directions

1. Bring water to a boil.
2. Slowly add kasha and sea salt.
3. Cover and let simmer 10–15 minutes.
4. Fluff with fork and serve.

Note: Kasha can be purchased both “whole” and “cracked.” Either is a good option for this recipe (and those that follow); however, cracked kasha cooks faster. If using whole kasha, cook time will be closer to 25–30 minutes.

KASHA PILAF



Prep time: 5 minutes



Cooking time: 25 minutes



Servings: 4-6

Ingredients

- 2 cups water
- 1 medium sweet potato or yam, chopped small
- 1 cup kasha (cracked)
- 1/4 cup corn (fresh or frozen), chopped
- 1 small onion, diced
- 1 small zucchini, chopped
- Pinch of sea salt

Optional

- Tahini

Directions

1. Bring water to a boil.
2. Add sweet potato and boil for 5 minutes.
3. Add kasha, corn, onion, zucchini, and salt. Cover pot and reduce to a simmer. Simmer for 15–20 minutes – do not stir.
4. Fluff before serving.
5. Optional: Serve topped with a small amount of tahini.

KASHA AND JICAMA SALAD



Prep time: 15 minutes



Cooking time: 3 minutes



Servings: 8

Ingredients

- 2 cups cooked kasha
- 2 tsp roasted sesame oil
- 1 tsp ginger, freshly grated
- 1 small jicama
- Juice of 1 lime
- 1/4 tsp salt
- 1/3 cup pumpkin seeds
- 1 cup Granny Smith apple, coarsely grated
- 2 tbsp fresh cilantro, chopped
- Hot sauce to taste
- 6–8 large red lettuce leaves

Directions

1. Combine kasha, sesame oil, and ginger in a small bowl.
2. Peel and cut jicama into matchsticks. Place in a non-reactive bowl with lime juice and salt. Cover and let marinate for 10 minutes.
3. Toast pumpkin seeds in a saucepan over medium to high heat, stirring constantly for approximately 3 minutes or until the seeds start to pop. Remove from heat and set aside 1 tbsp of seeds. When cool, coarsely chop remaining seeds.
4. Combine kasha, jicama, chopped pumpkin seeds, apple, cilantro, and hot sauce.
5. Line serving platter with lettuce leaves, place kasha salad in the center, and garnish with unchopped pumpkin seeds.

Note: For a gluten-free salad, check the label on your hot sauce before including.

BASIC MILLET



Prep time: 2 minutes



Cooking time: 30 minutes



Servings: 4

Ingredients

- 1 cup millet
- 2 cups water
- A few grains of sea salt

Directions

1. Rinse millet in a fine mesh strainer.
2. Place all ingredients in a pot with a tight lid.
3. Bring to a boil and reduce heat to low.
4. Simmer 30 minutes.

Tips:

- More water may be used to make millet a softer consistency.
- Millet can also be lightly toasted before cooking to give it a nutty flavor.

CREAMY MILLET AND AMARANTH



Prep time: 2 minutes



Cooking time: 35 minutes



Servings: 6

Ingredients

- 1 cup millet
- 1/2 cup amaranth
- 3-1/2 to 4 cups water
- 1 tsp sea salt

Directions

1. Rinse millet in a fine mesh strainer.
2. Put all ingredients in a pot and bring to a boil.
3. Turn heat down and simmer for about 35 minutes, stirring frequently.
4. When the grains are soft and creamy, it's ready!

Variations:

- Serve with a spoon of flaxseed oil on top for a buttery flavor.
- Add cooked vegetables or greens and a dressing of your choice.
- Add 1 tsp cinnamon and 1/4 cup raisins during cooking for a sweet treat!
- Add chunks of parsnips or carrots during cooking for extra sweetness.
- Add almonds or other nuts and seeds during cooking for richness and crunch.

CURRIED MILLET



Prep time: 5 minutes



Cooking time: 25 minutes



Servings: 4

Ingredients

- 2 cups stock or water
- 1 cup dry roasted millet
- 1/2 cup cashews, crushed
- 3 tbsp pumpkin seeds
- 1 tsp curry powder
- 1 tsp ginger, grated
- 1 tsp sea salt

Directions

1. Boil stock in a pot.
2. Place remaining ingredients in the pot, bring to a boil, reduce heat to low, and simmer for 20–25 minutes (or until all the liquid is absorbed).
3. Fluff with a fork and serve warm.

BASIC QUINOA



Prep time: 2 minutes



Cooking time: 15-20 minutes



Servings: 4

Ingredients

- 1 cup quinoa
- 2 cups water
- Seasonings to taste

Directions

1. Using a fine mesh strainer, rinse quinoa with cool water until the water runs clear.
2. Combine quinoa and water in a saucepan. Cover and bring to a boil. Reduce heat to a simmer and continue to cook, covered, for 15 minutes or until all water has been absorbed.
3. Remove from heat and let stand, covered, for 5 minutes.
4. Fluff with a fork and season as you like.

Tip: For a delicious toasted flavor, dry roast for 5 minutes in saucepan before adding liquid.

QUINOA INSTANT BREAKFAST



Prep time: 2 minutes



Cooking time: 25 minutes



Servings: 4

Ingredients

- 1 cup quinoa
- 3 cups water
- 1/4 cup squash, diced
- 1/4 cup carrots, thinly sliced into circles
- 1/4 cup raisins
- 1/4 cup almonds
- 1/4 cup sesame seeds
- 1/4 cup soy or nut milk

Directions

1. Using a fine mesh strainer, rinse quinoa with cool water until the water runs clear.
2. Bring water to a boil. Add quinoa, reduce heat to a light boil, and simmer for 20 minutes.
3. Approximately halfway through cooking, add squash, carrots, raisins, almonds, and sesame seeds.
4. Remove from heat and add milk.

QUINOA SALAD



Prep time: 5 minutes



Cooking time: 15-20 minutes



Servings: 6-8

Ingredients

- 1-1/2 cups quinoa
- 1/4 cup lime juice
- 1/4 cup olive oil
- 1 cup parsley, chopped
- 1/2 cup scallion, chopped
- 1/2 cup tomato, diced
- Salt and pepper to taste

Directions

1. Cook quinoa according to the Basic Quinoa recipe.
2. Combine all ingredients in a bowl and lightly toss.
3. Serve at room temperature.