

## Make Half Your Grains Whole Recipes

### Fantastic French Toast

Makes: 6 (1 toast) servings / Preparation Time: 5 minutes / Cook Time: 10 to 15 minutes

#### **Ingredients:**

2 large eggs

½ cup fat-free milk

½ teaspoon vanilla extract

6 slices whole wheat bread

Syrup or other toppings (optional)

Cooking spray or oil

#### **Directions:**

Preheat the griddle over medium heat or set an electric frying pan at 375°F. Put eggs, milk, and vanilla in a pie pan or shallow bowl then beat with a fork until well mixed. Grease the griddle or pan with a thin layer of oil or use cooking spray. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.

**Be Creative:** Serve with syrup, applesauce, fruit slices, or jam.

*Recipe from: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fantastic-french-toast>*

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### Skillet Fruit and Nut Granola

Makes: 16 (⅓ cup) servings / Preparation Time: 10 minutes / Cooking Time: 10 minutes

#### **Ingredients:**

3 tablespoons vegetable oil

⅓ cup honey, maple syrup or agave syrup

1 cup chopped pecan or walnuts

3 cups rolled oats

1 tablespoon ground cinnamon

2 teaspoons vanilla extract

1 cup dried cranberries or raisins

#### **Directions:**

In nonstick skillet, mix oil and honey or syrup over medium heat. Add nuts. Cook and stir for 2 minutes. Add oats, cinnamon, and vanilla cook and stir until golden about 5 minutes. Remove from heat. Transfer to baking sheet to cool. Put the cooked granola in a large bowl, add the dried fruit, and stir until the dried fruit is evenly distributed. Store in an airtight container at room temperature for up to 7 days.

*Recipe adapted from <http://eatingsmartbeingactive.colostate.edu/resources-for-implementation/recipes/lesson-5-make-half-your-grains-whole/>*

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### Mushroom Barley Soup

Makes: 4 (1 cup) servings / Preparation Time: 15 minutes / Cook Time: 30 minutes

#### **Ingredients:**

1 tablespoon olive oil

1 medium onion, chopped (about 1 cup)

1 cup diced carrots

½ cup chopped celery

1 teaspoon minced garlic

1 pound fresh mushrooms, sliced

1 cup barley

1 cup water

1 quart low-sodium vegetable or beef stock

½ teaspoon Italian seasoning

#### **Directions:**

Heat the oil in a large soup pot over medium heat. Add the onion, carrots, and celery; cook and stir until onions are tender and transparent. Stir in garlic and mushrooms and continue to cook for a few minutes. Pour in the barley, water, stock, and seasoning. Bring to a boil, and then reduce heat to low. Cover and simmer until barley is tender, about 30 minutes.

*Recipe from: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/mushroom-barley-soup>*

### **Zesty Whole Grain Salad**

Makes: 6 (1 ½ cup) servings/ Preparation Time: 2 to 5 minutes

#### **Ingredients:**

2 cups whole grain brown rice, farro, or quinoa  
2 medium apples, chopped  
½ cup chopped nuts (pecans or walnuts) or sunflower seeds  
½ cup dried fruit (cranberries, cherries, raisins)  
1 bunch (about 6 cups) kale, fresh spinach or other greens, torn into bite-size pieces

#### **Dressing:**

2 tablespoons oil  
¼ cup apple cider vinegar  
1 tablespoon honey  
**Or**  
½ cup honey mustard dressing

#### **Directions:**

Cook whole grain according to package directions. Cool. In a large bowl, whisk together oil, vinegar, honey, salt, and pepper or use store bought dressing. Stir apples, nuts or seeds, dried fruit, and whole grains into dressing. Mix well. Toss greens with other ingredients. Serve.

**Be Creative:** Substitute 2 cups of chopped fruit such as strawberries, grapes, oranges, pears for the apples.

*Recipe from: <https://spendsmart.extension.iastate.edu/recipe/zesty-whole-grain-salad/>*

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### **Fried Rice**

Makes: 6 (1 cup) servings / Preparation Time: 10 minutes / Cooking Time: 15 to 20 minutes

#### **Ingredients:**

2 tablespoons vegetable oil	2 tablespoons low-sodium soy sauce
3 cups cooked brown rice, cooled	½ teaspoon black pepper
1 carrot, cut into ¼-inch slices	½ teaspoon garlic powder
½ medium bell pepper, chopped	2 eggs, beaten
½ medium onion, chopped	¾ cup diced cooked chicken
½ cup chopped broccoli	

#### **Directions:**

Heat oil in a large skillet over medium heat. Add rice and stir for 5 minutes. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender. Remove mixture from pan. Pour eggs into pan and scramble. Put vegetable mix and rice back in the pan and mix with scrambled eggs. Add chicken and cook until hot. **Be Creative!** Substitute any fresh, frozen or canned vegetables you like or use leftover vegetables.

*Recipe from: <http://eatingsmartbeingactive.colostate.edu/resources-for-implementation/recipes/lesson-1-welcome-to-eating-smart-being-active/>*

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### **Vegetable, Bean, and Rice Salad**

Makes: 6 (1 cup) servings / Preparation Time: 15 minutes / Chill Time: at least 1 hour

#### **Ingredients:**

1 cup cooked brown rice, cooled	1 sweet red or green bell pepper, chopped
½ cup shredded carrots	1 can (15 ounces) black beans, drained and rinsed
1 cup chopped tomatoes	2 tablespoons finely chopped fresh cilantro or 2 teaspoons dried cilantro
1 cup chopped fine broccoli	¼ cup of your favorite salad dressing
½ cup chopped red onion	

#### **Directions:**

Wash and chop vegetables; mix with cooked rice. Pour salad dressing over rice mixture. Add beans and toss well. Chill.

**Be Creative:** Top with leftover cooked meat or vegetables.

*Developed by USJ SNAP-Ed program*