






Ancient Grains

The US Dietary Guidelines recommends that half a person's grains should come from whole grains. A great way to get the nutrients from whole grains is through ancient grains! Ancient grains is a term used for specific types of grains that have not been changed in the last several hundred years! Certain grains such as corn, wheat, and rice have been modified through breeding and genetically modification throughout the years and are not considered "ancient." However, this does not mean whole wheat, corn, and brown rice are not nutritious! They pack similar nutrients as ancient grains such as fiber and unsaturated fats! Ancient grains come in many varieties and textures and can be added to many dishes! Trying different ancient grains is a great way to add whole grains into the diet and creating balanced, nutritious meals.

Type of Ancient Grain	Nutrients	How to Prepare It
Amaranth 	Contains 4g of protein per cup and is a good source of iron and magnesium. Amaranth also contains trace amounts of calcium and potassium. This is also a gluten free grain!	Follow measurement directions on packaging and boil it for 15-20 minutes. Cooked amaranth doesn't lose it's crunch so it makes a pop sensation when chewed. This nutty flavored grain is used in cereals, breads, baked goods and can be eaten as a side dish too.
Teff 	Teff is a good source of calcium, iron, zinc, potassium, niacin, and folate. Teff may also help control blood sugar and improve intestinal health as well.	Teff can be cooked in different ways depending on how a person wants the texture. Cook 1 cup of teff with 1 cup of water for 6-7 minutes for a grainier product, or cook 1 cup of teff with 3 cups of water for 20 minutes for a creamier end product.
Barley 	This grain is an excellent source of fiber, manganese, and thiamine. Pearled barley isn't considered a whole grain, because it has been stripped of some of it's nutrients. Look for hulled or hullless barley in order to receive all of it's whole grain nutrients.	This grain is very versatile. It can be cooked in soups, side dishes or even as used as flour. Whole grain barley can take 50-60 minutes to cook so it's recommended to cook it in big batches and refrigerate or freeze the leftover barley for future uses.
Quinoa 	Quinoa contains lots of protein and is gluten free. This grain also contains lots of folate and magnesium. It is also a good source of potassium, iron, and zinc.	Before cooking quinoa, it is best to rinse it off due to having a bitter coating. This nutty-flavored grain pairs well with many dishes and takes about 15 minutes to cook!
Farro 	Farro contains antioxidants which help fight cancer cells. It is also an excellent source of fiber and protein and contains iron and niacin. Farro also contains zinc and magnesium. This grain also contains gluten.	This grain is known for it's nutty flavor and can be including in many different dishes! Add 1 cup of farro to 2 cups of water or brother and cook for 15 minutes until the grains are plump and chewy!

Italian Bean & Farro Soup

Serves 4-6

Source: wholegrainscouncil.org

Ingredients

- 1 Tbsp olive oil
- 1 medium carrot, finely chopped
- $\frac{1}{3}$ cup loosely packed fresh flat-leaf parsley, chopped
- 1 clove garlic, minced
- 4 cups vegetable broth
- 1 can (14oz) cannellini beans, rinsed
- 2 Tbsp freshly grated Parmigiano-Reggiano cheese

- 1 medium onion, finely chopped
- 1 stalk celery, finely chopped
- 2 tsp finely chopped fresh basil
- 1 (14.5 ounce) can diced tomatoes (not drained)
- $\frac{1}{2}$ cup farro or barley
- Freshly ground pepper to taste

Directions: Heat oil in a 4 to 6 quart soup pot over medium-high heat. Add onion, carrot, celery, parsley, basil and garlic; cook, stirring often, until the onion and carrot begin to soften, 3 to 4 minutes. Add tomatoes and broth; increase heat to high and bring to a boil. Add farro (or barley) and beans. Season with pepper. When the soup returns to a boil, reduce heat to medium-low and simmer, stirring occasionally, until the grain is tender, 30 to 35 minutes for farro or 40 to 45 minutes for barley. Sprinkle each serving with cheese.

Nutrition: 1 Serving=1 Cup: Calories 170, Fat 3g, Saturated Fat 0.5g, Sodium 180mg, Carbs 28g, Fiber 5g, Sugar 5g, Added Sugar 0g, Protein 7g.

Honey-Lime Quinoa Stuffed Sweet Potatoes

Serves 8

Source: self.com

Ingredients:

- 4 medium sweet potatoes, scrubbed and rinsed then pierced several times with a fork
- 1 $\frac{3}{4}$ cup low-sodium chicken broth or vegetable broth
- 1 cup chopped yellow onion
- 1 (15 oz) can black beans, drained and rinsed
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{4}$ tsp ground coriander
- 3 $\frac{1}{2}$ Tbsp fresh lime juice
- Salt and freshly ground black pepper
- 2 oz shredded Monterey Jack cheese ($\frac{1}{2}$ cup)

- 1 cup uncooked quinoa
- 1 Tbsp olive oil
- 1 clove garlic
- 1 $\frac{1}{2}$ cups frozen corn
- $\frac{1}{2}$ tsp ground paprika
- $\frac{1}{8}$ tsp cayenne pepper
- 3 $\frac{1}{2}$ Tbsp honey
- 3 Tbsp chopped cilantro

Directions: Preheat oven to 400 degrees. Place sweet potatoes on a baking sheet and bake in preheated oven until tender, about 40 minutes. Meanwhile, in a medium saucepan, bring quinoa and broth to a boil, then reduce heat to low and cover and simmer 15 minutes, or until fluffy. Heat oil in a skillet over medium-high heat. Once hot, add onion and sauté until tender, about 4 minutes, adding in garlic during last 30 seconds of sautéing. Add onion mixture to cooked quinoa, along with black beans, corn, cumin, paprika, coriander, cayenne, lime juice and honey, 3 Tbsp chopped cilantro and toss mixture. Season with salt and pepper to taste. Cut cooked sweet potatoes in half and scoop out some of the sweet potato flesh to create a bowl shape, while leaving about $\frac{1}{8}$ to $\frac{1}{2}$ -inch of sweet potato intact (reserve scooped out potato in refrigerator for another use). Fill sweet potatoes with quinoa mixture, then sprinkle tops evenly with cheese. Transfer to oven and broil until cheese has melted. Serve warm garnished with cilantro and sour cream if desired.

Nutrition: 1 Serving= $\frac{1}{2}$ Sweet Potato: Calories 239, Total Fat 4g, Saturated Fat 0.5g, Sodium 263mg, Carbs 43g, Fiber 3g, Sugar 11g, Added Sugars 7g, Protein 8g.

Mushroom Barley Soup

Serves 4-6

Source: twopeasandtheirpod.com

Ingredients

- 1 cup barley
- 1 large yellow onion, chopped
- 2 carrots, peeled and diced
- 1 (16 oz) package of white button mushrooms, sliced
- 1 cup water
- 2 tablespoons fresh thyme, minced

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2 celery stalks, diced
- 3 (15 ounce) cans low sodium vegetable broth
- 2 bay leaves
- Salt and pepper, to taste

Directions: In a medium pan, bring 4 cups of water and the 1 cup of barley to a boil. Cover, reduce heat to medium-low, and simmer for 30-40 minutes, or until the barley is soft. You can make this the night before. Heat the olive oil in a large pot over medium heat. Add the onion and garlic. Cook until soft. Add the carrots and celery and cook until tender, about 5 minutes. Add the sliced mushrooms and cook until they are soft. Add the vegetable broth, water, bay leaves, and fresh thyme. Simmer for about 10 minutes. Stir in the cooked barley and cook for 15 minutes or so. Remove the bay leaves. before serving. Add salt and pepper to taste. Serve hot.

Nutrition: 1 Serving: 1 Cup: Calories 198, Total Fat 3g, Saturated Fat 0.5g, Sodium 167mg, Carbs 38g, Fiber 8g, Sugar 6g, Added Sugar 0g, Protein 7g.