



Whole Grain Recipes

Baked Corn Tortilla Chips

Serving Size: 8 chips

Serves: 6

Ingredients:

6 whole grain corn tortillas
Cooking oil spray
Salt (optional)

Directions:

- Preheat oven to 400° F.
- Lightly grease a baking sheet with cooking spray.
- Cut tortillas into 8 wedges using a knife and place on a baking sheet.
- Spray tops of tortilla wedges with cooking spray and lightly salt, if desired.
- Bake for 8-12 minutes, until crisp and light brown, watching closely so the crisps don't burn.
- Remove from baking sheet and cool on paper towels or cooling rack.

Tips: Serve alone or with salsa. You can also use whole wheat tortilla instead of corn tortilla.

Nutrition Information Per Serving:

Calories 60, Fat 0.5g, Protein 1g, Fiber 1g, Sodium 0mg, Carbohydrate 12g

Pita Bread Pizza

Serving Size: ½ pizza

Serves: 2

Ingredients:

1 whole wheat pita bread
2-3 tablespoons low-sodium tomato sauce
1 teaspoon oregano
½ cup fresh vegetables (choose from mushrooms, peppers, broccoli, carrots, onions, cauliflower, and cabbage)
⅓ cup shredded low-sodium mozzarella cheese

Directions:

- Preheat oven to 400° F.
- Lay pita bread on baking sheet.
- Spread tomato sauce over pita bread, leaving ¼ inch around the edge uncovered and sprinkle the oregano.
- Arrange assorted vegetables over the sauce.
- Sprinkle cheese evenly over vegetables.
- Bake until cheese is melted and golden, approximately 8-10 minutes.

Nutrition Information Per Serving:

Calories 170, Fat 4.5g, Protein 9, Fiber 4g, Sodium 160mg, Carbohydrate 25g

Quinoa Corn Salad

Serving Size: ¼th recipe

Serves: 4

Ingredients:

¼ cup quinoa (rinsed under water) or bulgur
½ cup low-sodium chicken broth
1 can (15 ounces) low-sodium black beans, drained and rinsed
1 tomato, seeded and diced
1 cup fresh or frozen corn
(use three ears if fresh corn)

Ingredients for Dressing:

3 tablespoons fresh lemon juice
2 tablespoons olive oil
2 tablespoons fresh cilantro or parsley, chopped
2 stalks scallions, chopped
1 tsp minced garlic
1 tsp cumin

Directions:

- Cook quinoa or bulgur in broth for 12-15 minutes, until liquid is absorbed.
- While grain cooks, mix dressing ingredients in a large bowl.
- Add beans, tomato and corn to the dressing mixture.
- Cool grain to room temperature, then mix with dressing ingredients; chill until ready to eat.

Nutrition Information Per Serving:

Calories 260, Fat 8g, Protein 11g, Fiber 10g, Sodium 160mg, Carbohydrate 38g

Bread Pudding

Serving Size: ½ cup

Serves: 6

Ingredients:

Nonstick cooking spray
1 cup day old whole wheat bread, cut or torn into 1-inch cubes
2 eggs
½ cup sugar
2 cups non-fat or low-fat milk
½ teaspoon cinnamon or nutmeg (optional)
½ cup raisins or other dried fruit

Instructions:

- Preheat oven to 350° F. Coat an 8-inch baking dish with non-stick cooking spray.
- Cut or tear the bread into 1-inch cubes. Place in the bottom of the baking dish.
- Mix together the eggs, sugar, milk and cinnamon or nutmeg in a medium mixing bowl. Stir in the raisins or dried fruit.
- Pour mixture over bread cubes in the baking dish.
- Bake for 50-60 minutes or until knife inserted in the center comes out clean.
- Serve either warm or chilled. Refrigerate leftovers.

Nutrition Information Per Serving:

Calories 170, Fat 4.5g, Protein 9, Fiber 4g, Sodium 160mg, Carbohydrate 25g