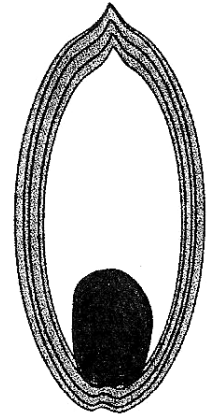


Whole Grain Recipes



Black Bean Rotini

This pasta dish will fill you up not out!

- 8 ounces whole-wheat rotini or other small-shaped pasta
- 3-1/2 cups pasta sauce (low-sodium)
- 1 cup boiled black beans, drained
- 2 tsp Italian seasoning
- 2 Tbsp Parmesan cheese

1. Bring 1-2 quarts of water to a rolling boil over high heat in a large (three-quart) pan. Add the pasta and bring back to a boil. Reduce the heat to medium and cook until the pasta is al dente or slightly tender with a bite in the center, about eight minutes.
2. Drain the pasta in a colander and rinse lightly with water. Place the pasta in a large microwaveable container and stir in the rest of the ingredients. Microwave on full power for six minutes or until hot and the pasta is tender. Serve hot.

Serves 4. Each 1 cup serving: 340 calories, 1.5 g fat, 0 g saturated fat, 2 mg cholesterol, 520 mg sodium, 69 g carbohydrate, 11 g fiber, 16 g protein.

Tomato-Basil Pasta Salad

Enjoy this salad for lunch or dinner.

Pasta:

- 8 ounces whole-grain pasta (small shape)

Sauce:

- 1 cup lowfat pasta sauce
- 1 Tbsp fresh chopped basil
- 1/2 cup sliced green onion
- 1 cup diced fresh tomatoes
- 1 Tbsp flavored vinegar
- 1 tsp olive oil

1. Cook pasta according to package directions. Drain and rinse in colander.
2. In medium-sized bowl, mix the ingredients for the sauce. Add the pasta and toss gently to combine.
3. Refrigerate until ready to serve.

Optional serving suggestion: serve over bed of greens

and garnish with a fresh sprig of basil.

Serves 4. Each serving (1 cup): 243 calories, 2 g fat, >0.5 g saturated fat, 0 mg cholesterol, 206 mg sodium, 50 g carbohydrate, 6.5 g fiber, 10 g protein, 8 g sugars.

Barley Lentil Soup

Soup is a wonderful way to enjoy barley, a high-fiber grain. This soup is delicious for lunch or hearty enough for dinner.

- 1 tsp vegetable oil
- 1 cup sliced onion
- 1 tsp garlic, minced
- 1 cup sliced carrots
- 1 cup sliced celery
- 1 can stewed diced tomatoes
- 3 cups lowfat chicken broth
- 3 cups water
- 1 cup lentils
- 2/3 cup Scotch barley
- 1/2 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp dried basil
- black pepper to taste

1. Place vegetable oil in a large soup pan or Dutch Oven and heat over medium-high heat; saute the garlic and onion until they are golden brown, about 1 or 2 minutes.
2. Add the rest of the ingredients and bring to a boil. Lower the heat to a light simmer. Cook until the barley and lentils are tender, about one hour to an hour and a half. Serve hot in a soup bowl.

Optional serving suggestion: this soup goes well with a large tossed salad and 100% whole grain bread. Yield 8 servings. Each serving (1-1/4 cups): 185 calories, .5 g fat, 0 saturated fat, 0 cholesterol, 224 mg sodium, 33 g carbohydrate, 12 g fiber, 12 g protein.