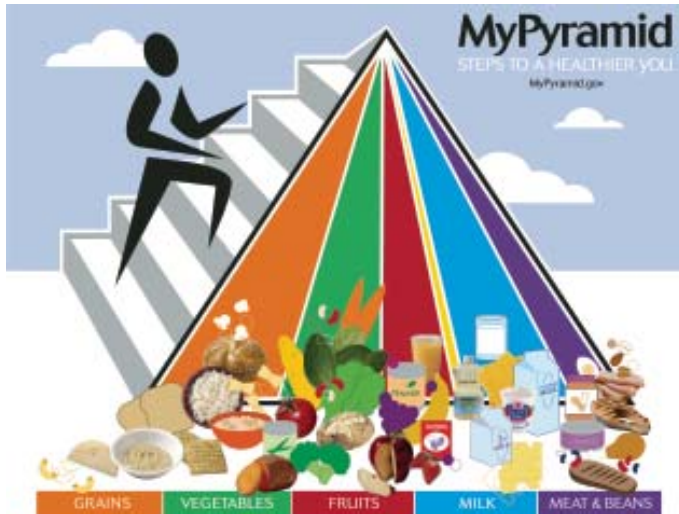


Kansas Wheat Commission



Recipes 2005



MyPyramid: Grains

Eat 6 ounce-equivalents (for a 2,000 calorie diet)

3 ounce-equivalents or more of whole-grain products

The remaining grains should come from enriched or whole-grain products

Serving Sizes of Common Whole Grain Foods

Whole grain cereals = $\frac{1}{2}$ cup cooked or 1 ounce of ready-to-eat

Whole grain breads = 1 slice or 1 ounce

Whole grain tortillas, muffins, waffles, pancakes = 1 small

Popcorn = 2 cups

Whole grain crackers = 5 to 7 small crackers or 1 ounce

Whole grain bagel, pita bread = $\frac{1}{2}$ or 1 ounce

Brown rice, whole grain pasta = $\frac{1}{2}$ cup cooked

Make Half Your Grains Whole!

www.mypyramid.gov

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Wheat Facts: What Are Whole Grains?

Pictured on front cover (front to back): Kansas Hard Red Winter wheat kernels; Hard Red whole wheat flour; Hard White kernels; White Whole Wheat flour; Cracked Wheat; Wheat Germ; Wheat Bran; Red Wheat bulgur; White Wheat bulgur and a sheaf of wheat showing the wheat heads which contain the kernels of wheat. *Cover photo by Deb Pryor, Video Producer, KSU Department of Communications.*

Web sites:

<http://www.kswheat.com> — Click on Grain Foods to find the “Cooking with Whole Wheat” brochure. Click on Hard White Wheat Flour; click on Suppliers for a listing.

For nutrition information, visit <http://www.wheatfoods.org>

For more whole grain recipes, visit <http://www.homebaking.org>

Brown Pancakes

Lois Keller's grandchildren call these "Brown Pancakes"

- 1¼ cups whole wheat flour
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup low-fat milk
- 1 tablespoon vinegar
- 1 tablespoon vanilla extract
- ¼ cup margarine or butter, melted
- 1 tablespoon honey
- 1 egg, beaten

Note: 1 cup buttermilk can be used in place of 1 cup milk and vinegar.

In medium bowl, stir together whole wheat flour, baking soda and salt.

To sour milk, combine milk and vinegar; let stand 5 minutes. In small bowl, using a fork, blend together sour milk, vanilla, margarine or butter, honey and egg.

Stir milk mixture into dry ingredients and mix until smooth.

Grease skillet or griddle and preheat. Pour ¼ cup batter on hot skillet or griddle.

Turn pancakes when bubbles appear and cook until lightly browned.

Makes 8 (4-inch) pancakes.

Nutritional analysis: One pancake provides approximately 138 calories, 5 g protein, 18 g carbohydrates, 6 g fat (1 g saturated), 28 mg cholesterol, 2 g fiber, 11 mcg folate, 1 mg iron, 289 mg sodium.

Carrot Pineapple Cake

It's easy to substitute half whole wheat flour in this favorite recipe

Cake:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- $\frac{3}{4}$ cup granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup vegetable oil
- $\frac{1}{3}$ cup unsweetened applesauce
- 2 eggs, beaten
- 1 cup finely chopped or shredded carrots
- 1 (8-ounce) can crushed pineapple, undrained
- 1 teaspoon vanilla extract

Frosting, optional:

- 2 ounces cream cheese
- 2 tablespoons butter or margarine
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{8}$ teaspoon salt
- 1 $\frac{1}{4}$ cups confectioners' sugar
- 3 tablespoons chopped pecans

Preheat oven to 350°F. Grease and flour bottom of a 9 x 9 x 2-inch pan.

In large mixing bowl, stir together whole wheat flour, all-purpose flour, sugar, baking soda, baking powder, cinnamon and salt.

Add vegetable oil, applesauce, eggs, carrots, pineapple and vanilla. Mix on low speed until moistened; beat 2 minutes at medium speed. Pour into pan and bake 40 minutes or until toothpick inserted in center of the cake comes out clean.

Frosting: Beat together cream cheese and butter or margarine; add vanilla and salt. Gradually add enough confectioners' sugar to make a spreading consistency. Spread on cooled cake and top with pecans.

Makes 12 servings.

Nutritional analysis: One serving, unfrosted, provides approximately 205 calories, 4 g protein, 32 g carbohydrates, 7 g fat (1 g saturated), 35 mg cholesterol, 2 g fiber, 26 mcg folate, 1 mg iron, 236 mg sodium.

Granola Cereal

A smart snack that can be made in the oven or electric skillet

- 3 cups rolled oats, uncooked (old fashioned or quick-cooking oats)
- 1½ cups wheat bran
- ½ cup flaked coconut
- ½ cup wheat germ
- ½ cup chopped pecans, sunflower kernels or soy nuts
- ½ cup honey or brown sugar
- ½ teaspoon ground cinnamon

Preheat oven to 325°F. or heat a nonstick electric skillet on medium-low heat.

Mix all ingredients. Spread in an ungreased jelly-roll pan (15 x 10-inch) or electric skillet.

Stir every 2 to 3 minutes, cooking until golden brown, about 25 to 30 minutes.

Cool thoroughly and store in a tightly covered container in the refrigerator or a cool dry place.

Serve as a cold cereal, snack or sprinkle on yogurt or ice cream.

Makes 5 ½ cups.

Nutritional analysis: One serving (¼ cup) provides approximately 110 calories, 3 g protein, 19 g carbohydrates, 3 g fat (1 g saturated), 0 mg cholesterol, 4 g fiber, 15 mcg folate, 1 mg iron, 5 mg sodium.

Wheat Facts

You have many options for adding a delicious whole grain food to each meal without spending a lot of time or money to do so.

Types of Whole Grains

- Brown rice (regular, quick)
- Oatmeal, whole or rolled oats (regular, quick, instant)
- Pearl barley
- Popcorn
- Whole wheat
- Wild rice
- Whole grain corn or cornmeal (yellow or white)
- Cracked wheat
- Whole rye
- Bulgur
- Amaranth
- Millet
- Quinoa
- Sorghum
- Triticale

10 Ways to Add Whole Grains to Your Daily Diet

1. Substitute whole grain flour for $\frac{1}{4}$ to $\frac{1}{2}$ of the white flour called for in recipes.
2. Add oats to cookies or other desserts.
3. Try whole grain pasta, pancakes or waffles for a change of pace.
4. Pop popcorn.
5. Choose a quick and easy ready-to-eat or ready-to-cook whole grain cereal for breakfast.
6. Choose whole grain breads, tortillas, bagels, pita pockets and rolls.
7. Pour some dry, bite-size cereals into a bag, or grab a whole grain cereal bar to take along with you as a snack during your busy day.
8. Try a hot or cold whole grain side dish (such as pilaf or stuffing) using brown or wild rice, kasha, bulgur or pearl barley.
9. Enjoy low-fat whole grain crackers, baked tortilla chips or a brown ricecake as a snack.
10. Add whole grains to mixed dishes. Try adding some pearl barley, wild or brown rice to your favorite soup, stew or casserole.

Chocolate Chip Cookies

USD 320, School Food Service, Wamego, Kan., uses whole white wheat flour in all their baked goods with great success

48 Dozen

- 7 ½ lbs. margarine
- 6 ½ lbs. brown sugar
- 8 lbs. granulated sugar
- 3 lbs. eggs, substitute, liquid
- ½ cup baking powder
- 1 tablespoon salt
- ¼ cup plus 1 tablespoon baking soda
- 5 lbs., 4 ozs. oats,
old-fashioned or quick-cooking
- 4 ¼ lbs. all-purpose flour
- 4 ¼ lbs. whole white wheat flour*
- 3 lbs., 4 1/2 ozs. semisweet
chocolate chips
- ¾ cup vanilla extract

3 ½ Dozen

- ¾ cup margarine
- ¾ cup brown sugar
- ¾ cup granulated sugar
- 1 egg, beaten
- 1 ½ teaspoons baking powder
- ⅛ teaspoon salt
- 1 teaspoon baking soda
- 1 ⅔ cups oats,
regular or quick-cooking
- 1 cup all-purpose flour
- 1 cup whole white wheat flour*
- 1 cup semisweet
chocolate chips
- 2 teaspoons vanilla extract

*Refer to Contents page for whole white wheat flour suppliers

Preheat oven to 350°F.

Beat margarine, brown sugar and granulated sugar with an electric mixer until smooth. Add egg; mix well.

Stir together baking powder, salt, baking soda, oats, all-purpose flour and whole white wheat flour. Add flour mixture to margarine mixture. Mix just until all ingredients are moistened.

Stir in chocolate chips and vanilla. Drop rounded tablespoon of dough onto ungreased baking sheet or portion with NO. 40 dipper onto parchment-paper-lined baking sheet.

Bake 10 to 12 minutes or until cookies are light golden brown.

Nutritional analysis: One of 42 cookies provides approximately 125 calories, 2 g protein, 19 g carbohydrates, 5 g fat (2 g saturated), 5 mg cholesterol, 1 g fiber, 9 mcg folate, 1 mg iron, 87 mg sodium.

Sweet Wheat Dough

A favorite treat from KWC Spokesperson, Jean Hixson, Wakeeney, Kan

- 2½ cups warm water (110-115° F.)
- 3 packages active dry yeast
- 1 cup nonfat dry milk powder
- ¾ cup melted butter
- ¾ cup honey
- 3 eggs, beaten
- 2 teaspoons salt
- 3 tablespoons wheat germ
- 5 cups whole white wheat flour, divided
- 4 ½-5 cups bread flour

In large mixing bowl, mix yeast with warm water until dissolved. Blend in dry milk, butter, honey, eggs, salt and wheat germ. Add 3 cups whole wheat flour to mixture. Beat with mixer on low speed until smooth.

Gradually stir in remaining whole wheat flour and enough bread flour to make a soft, workable dough that leaves the side of the bowl. Knead 10 to 12 minutes or until smooth and elastic.

Place in warm greased bowl, turning to coat top. Cover loosely with plastic wrap and towel; let rise in a warm (80°F.) place 1 hour, or until doubled in bulk.

Punch down dough. Turn dough onto a clean surface and knead lightly. Cover dough; let rest 10 minutes.

Divide dough in half. Use one piece of dough for Orange Rolls and other piece for Gooley Rolls. Makes 30 rolls.

Orange Rolls Nutritional analysis: One roll provides approximately 509 calories, 14 g protein, 87 g carbohydrates, 14 g fat (8 g saturated), 76 mg cholesterol, 7 g fiber, 93 mcg folate, 4 mg iron, 445 mg sodium.

Gooley Rolls Nutritional analysis: One roll provides approximately 604 calories, 15 g protein, 92 g carbohydrates, 23 g fat (12 g saturated), 89 mg cholesterol, 8 g fiber, 95 mcg folate, 5 mg iron, 450 mg sodium.

Orange Rolls

- ¾ cup golden raisins
- ¼ cup butter, softened
- ¼ cup honey
- ½ tablespoon freshly grated orange peel

In small bowl, cover raisins with cold water and soak 5 minutes. Drain well until dry.

Beat butter, honey and grated orange peel until creamy. Roll half of the Sweet Wheat Dough into a 18 x 15-inch rectangle. Spread the butter mixture to within ½-inch of edges. Sprinkle the raisins on the butter mixture.

Starting at the 18-inch side, roll dough tightly, jelly-roll fashion. Seal edge by pinching with fingertips. Slice into 1½-inch pieces to make 15 rolls. Place in greased 13 x 9-inch pan.

Cover; let rise until doubled. Bake in preheated 350°F. oven 20 to 25 minutes or until done. Cool 10 minutes and turn out onto cookie sheet.

If desired, mix together confectioners' sugar and orange juice and drizzle on rolls. Makes 15 rolls.

Goopy Rolls

Sauce:

- 6 tablespoons butter
- ¾ cup light brown sugar
- 1 ½ tablespoons low-fat milk
- ¾ cup chopped pecans

Filling:

- ¼ cup butter, melted
- ¼ cup granulated or brown sugar
- 2 tablespoons ground cinnamon

In large sauce pan, melt butter. Add brown sugar and milk; bring to a simmer. Pour sauce into 13 x 9-inch pan; sprinkle with nuts.

Roll dough into a 18 x 15-inch rectangle. Spread with melted butter. Mix sugar and cinnamon; sprinkle over dough.

Roll dough along long side. Slice into 1½-inch pieces to make 15 rolls. Place in pan, cover and let rise until doubled. Bake in preheated 350°F. oven 20 to 25 minutes or until done. Cool 10 minutes and invert onto cookie sheet.

Makes 15 rolls.

How the Wheat Producer's Penny Is Used

Development of KSU wheat varieties

KSU varieties — including Jagger, 2137 and Karl — consistently make about two-thirds of the wheat planted in Kansas. Through the one-cent per bushel wheat assessment, Kansas wheat producers fund nearly half of KSU's wheat breeding program.

International market development projects

KWC continually works with the U.S. Department of Agriculture (USDA) and industry to increase exports. KWC is the largest state contributor to U.S. Wheat Associates, which conducts trade servicing, technical assistance and consumer promotion around the globe.

Domestic industry

KWC works with the Wheat Foods Council to increase awareness of dietary grains as an essential component to a healthy diet.

KWC also cooperates with the Wheat Quality Council to enhance the milling and end-use qualities of all classes of wheat in all regions of the United States.

Kansas is fortunate to have volunteer "Speak for Wheat" spokespersons from across the state who donate their time to promote the production and usage of Kansas wheat.



Quick Whole Wheat Pizza

Enjoy a whole grain pizza crust with your favorite toppings

Dough:

- 2 cups whole wheat flour
- 1 package instant yeast
- $\frac{3}{4}$ teaspoon salt
- 1 cup hot tap water (120-125° F.)
- 1 tablespoon vegetable oil
- 1 tablespoon honey or granulated sugar

Sauce:

- 1 (15-ounce) can tomato sauce
- 1 teaspoon instant minced onion
- $\frac{1}{2}$ teaspoon oregano leaves
- $\frac{1}{4}$ teaspoon basil
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{8}$ teaspoon black pepper
- Favorite pizza toppings

To prepare pizza dough, stir whole wheat flour; lightly spoon into a measuring cup and level flour.

In large mixing bowl, combine whole wheat flour, yeast and salt. Blend in water, oil and honey or sugar. Stir by hand vigorously until all ingredients are well mixed; about 3 minutes.

Cover with plastic wrap and let rise 15 minutes.

Place dough in greased 15 x 10 x 1-inch jelly- roll pan or 12 to 14-inch pizza pan. Press dough to cover bottom of pan and up sides to form a rim.

In small bowl, mix together tomato sauce, minced onion, oregano, basil, garlic powder and black pepper. Spread sauce evenly on dough. Top with your favorite pizza toppings.

Bake in preheated 425° F. oven 15 to 20 minutes or until crust is golden brown and toppings are done.

Makes 8 servings.

Nutritional analysis: One slice with sauce provides approximately 144 calories, 5 g protein, 28 g carbohydrates, 2 g fat (0 g saturated), 0 mg cholesterol, 5 g fiber, 39 mcg folate, 2 mg iron, 543 mg sodium.

Wheat and Soy Cookies

Applesauce replaces half of the fat in this recipe

¼ cup margarine or butter
¼ cup unsweetened applesauce
¾ cup granulated sugar
1 egg, beaten
½ teaspoon vanilla extract
¼ cup soy flour
½ cup all-purpose flour
¾ cup whole wheat flour
1 teaspoon cream of tartar
½ teaspoon baking soda

Topping:

2 tablespoons granulated sugar
¾ teaspoon ground cinnamon

Beat with an electric mixer the margarine or butter until smooth; add applesauce, sugar, egg and vanilla. Blend well.

In small bowl, mix soy flour, all-purpose flour, whole wheat flour, cream of tartar and baking soda. Stir into applesauce mixture; mix until blended. Cover; chill dough 1 hour.

Shape dough into 1-inch balls. Mix topping ingredients; roll balls in mixture. Place on ungreased cookie sheet and flatten slightly.

Bake in preheated 375° F. oven 9 to 10 minutes or until lightly browned. Remove from cookie sheet and cool on rack.

Makes 2 dozen cookies.

Nutritional analysis: One cookie provides approximately 76 calories, 1 g protein, 13 g carbohydrates, 2 g fat (1 g saturated), 9 mg cholesterol, 1 g fiber, 7 mcg folate, 0 mg iron, 51 mg sodium.

Health Benefits of Whole Grains

Choose plenty of healthful whole grains if you want to reduce your risk for:

- Bowel disorders
- Cancer
- Heart disease and high cholesterol
- Stroke
- High blood pressure
- Obesity
- Type 2 Diabetes

Whole Grain Nutrients

- All types of grain foods are excellent sources of complex carbohydrates. They supply energy for daily activities.
- They are high in fiber, plant protein, vitamins, minerals, phytonutrients, antioxidants, resistant starch, phytate and many other healthful substances.
- Whole grain cereals have three to seven times more fiber per serving than refined cereals. Whole wheat breads have about four to six times more fiber per slice than white bread.
- Whole grains contain disease-fighting phytochemicals, which are naturally occurring plant chemicals found also in fruits, vegetables, legumes and other plant foods.
- Each kind of antioxidant protects a different part of the body against cell damage. Some whole grain antioxidants act as tumor growth suppressants.
- Eating whole grain foods protects against constipation, hemorrhoids, and diverticulosis.
- Whole grains may have a protective effect on various types of cancer, such as cancer of the colon, rectum, stomach, pancreas, endometrium, ovaries, and prostate.
- Whole grain foods help decrease cholesterol, blood pressure and blood coagulation.
- Eating about three servings a day of whole grain foods reduces the risk of getting Type 2 Diabetes and may improve blood sugar control in people who already have diabetes.

Source: Mary Meck Higgins, Ph.D., R.D., L.D., CDE, *Healthful Whole Grains!*, Kansas State University, September 2002. For more information, visit <http://www.oznet.ksu.edu/humannutrition/wholegrains.htm>

Whole Wheat Tortilla Pinwheels

Perfect for tailgating!

- 1 (8-ounce) package light cream cheese, softened
- 1 tablespoon taco seasoning
- ½ cup picante sauce
- 1 (2 ¼-ounce) can sliced black olives, drained
- ½ cup taco-style shredded cheese
- 7 (8-inch) 100% whole wheat flour tortillas

In a medium bowl, mix together cream cheese, taco seasoning and picante sauce.

Stir until smooth and well blended. Fold in black olives and cheese.

Place one tortilla on a plate. Spread a thin layer of cream cheese mixture onto the tortilla. Fold sides of tortilla in, fold bottom of tortilla up, and roll to opposite end.

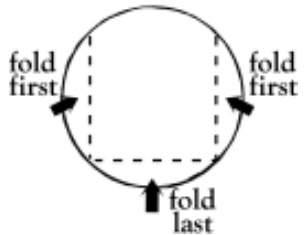
Cut into ½-inch slices. Place pinwheels on a festive serving platter.

Repeat with remaining tortillas.

Serve immediately or cover and chill until serving time.

Makes 14 appetizer servings.

Nutritional analysis: One serving (5 pinwheels) provides approximately 85 calories, 4 g protein, 12 g carbohydrates, 3 g fat (2 g saturated), 10 mg cholesterol, 1 g fiber, 5 mcg folate, 1 mg iron, 290 mg sodium.



Cereal Muffins

A wholesome muffin made with hot wheat cereal

½ cup dry, uncooked hot wheat cereal*

¾ cup whole wheat flour

½ cup all-purpose flour

3 tablespoons granulated sugar

4 teaspoons baking powder

½ teaspoon salt

¼ teaspoon thyme leaves

1 cup low-fat milk

¼ cup vegetable oil

1 egg, beaten

1½ cups shredded cheddar cheese

*Examples: Cream of Wheat or Malt-o-Meal quick cooking hot wheat cereal.

Preheat oven to 400°F. Line 12 muffin cups with paper baking cups or coat bottom of muffin cups with nonstick cooking spray.

In medium bowl, mix together cereal, whole wheat flour, all-purpose flour, sugar, baking powder, salt and thyme leaves.

In small bowl, mix together milk, oil and egg. Add milk mixture and cheese to dry ingredients; stir just until dry ingredients are moistened.

Fill the muffin cups three-fourths full (an ice cream scoop works well). Bake 18 to 20 minutes. Cool 2 to 3 minutes. Remove muffins from pan; cool on rack.

Makes 12 muffins.

Nutritional analysis: One muffin provides approximately 197 calories, 7 g protein, 20 g carbohydrates, 10 g fat (4 g saturated), 34 mg cholesterol, 1 g fiber, 42 mcg folate, 3 mg iron, 279 mg sodium.

Whole Grain Fruit Bread

An amazing quick bread made without added fat and eggs

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup grain mixture*
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup chopped nuts
- $\frac{1}{2}$ cup chopped dried fruit
- 1 teaspoon baking soda
- 1 $\frac{1}{2}$ cups skim milk
- $\frac{1}{2}$ cup honey or molasses

* Use a variety of grains. For example: the 1 cup grain mixture may be a mixture of $\frac{1}{3}$ cup wheat bran or wheat germ, $\frac{1}{3}$ cup rye flour and $\frac{1}{3}$ cup soy flour.

Coat with nonstick cooking spray the bottom of a 9 x 5-inch loaf pan.

In a large mixing bowl, stir together all-purpose flour, whole wheat flour, grain mixture, salt, brown sugar, raisins, nuts and dried fruit.

In a small mixing bowl, dissolve baking soda in milk, add honey or molasses and stir well. Add the liquid ingredients to the dry ingredients and mix just until combined.

Pour batter into pan. Cover, with wax paper and allow to stand 30 minutes before baking. (This step helps prevent the top of the loaf from excessive cracking.)

Bake in a preheated 325°F. oven 1 hour 10 minutes or until toothpick inserted in center of the bread comes out clean. Remove from pan and cool on rack.

Makes 18 servings.

Nutritional analysis: One serving, using the above grain mixture, provides approximately 172 calories, 5 g protein, 34 g carbohydrates, 3 g fat (0 g saturated), 0 mg cholesterol, 3 g fiber, 29 mcg folate, 1 mg iron, 185 mg sodium.

Whole Wheat Angel Food Cake

An old-time favorite updated with whole wheat flour

- 2 cups large egg whites (about 15)
- $\frac{3}{4}$ cup plus 2 tablespoons whole wheat flour *
- 5 tablespoons cornstarch
- 2 cups granulated sugar, divided
- $\frac{3}{4}$ teaspoon salt
- 2 teaspoons cream of tartar
- 1 teaspoon vanilla or almond extract

*Whole white wheat flour makes a light golden colored whole grain cake.

Note: All utensils and bowls should be grease-free. (Plastic tends to retain oils.)

Carefully separate egg yolks from egg whites. Let egg whites warm to room temperature for at least one hour. Remove top oven racks leaving the lowest rack in position. Preheat oven to 375° F.

In a small bowl, sift together whole wheat flour, cornstarch and 1 cup sugar. Set aside.

In a stainless steel or glass-mixing bowl, beat with an electric mixer on high speed the egg whites, salt and cream of tartar until soft peaks form. Gradually add the remaining 1 cup sugar, 1 tablespoon at a time, and the extract. Beat until stiff peaks form. (Tip: when turning the bowl over, the egg whites should remain in the bowl.)

Sprinkle one-third of the flour mixture over the beaten egg whites; using a rubber spatula, fold in carefully by hand. Repeat, one-third at a time, until flour mixture is thoroughly folded into egg whites.

Lightly spoon or pour batter into a 10-inch (4 inches deep) tube pan and bake for 45 minutes or until top is golden brown.

Immediately invert pan on glass bottle (soda bottle works great) to cool. When cool, carefully run a knife-edge around sides and center. Invert cake on serving dish.

Makes 16 servings.

Nutritional analysis: One serving provides approximately 146 calories, 4 g protein, 33 g carbohydrates, 0 g fat (0 g saturated), 0 mg cholesterol, 1 g fiber, 4 mcg folate, 0 mg iron, 161 mg sodium.

What Are Whole Grains?

Whole grain foods contain all three parts of the grain: bran, endosperm and germ.

BRAN

The outer bran layer is full of fiber, B vitamins, 50 to 80 percent of the grain's minerals, and other health-promoting plant substances called phytochemicals.

ENDOSPERM

The large endosperm portion is full of complex carbohydrates, protein, and smaller amounts of B vitamins.

GERM

The third part is the germ, which is full of B and E vitamins, trace minerals, and healthful unsaturated fats, phytochemicals and antioxidants.

If all three parts of the grain are present in processed foods, they are considered whole grain. By comparison, refined grain foods contain only the endosperm. When the germ and bran portions are removed during milling, the nutrient content is reduced by 25 to 90 percent. Most refined grain foods are enriched with some of the nutrients lost in milling.



This booklet is provided to you through
funding from Kansas wheat producers.

Each recipe has been tested in the
Kansas Wheat Commission kitchen
to ensure your success and enjoyment.

Cindy Falk, Domestic Marketing Specialist

Betty Kandt, KWC Spokesperson

Recipes 2005



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