

2014
Kansas Wheat Commission

Recipe Book





Rediscover Wheat

**Your ancestors have consumed
wheat for centuries.**

You should, too!

**Wheat is a
natural, healthy grain.**

In fact, wheat is the most widely grown crop in the world and accounts for 20% of calories for 4.5 billion people, according to the Food and Agriculture Organization of the United Nations.

Want to learn more about wheat?
Visit our website at www.kansaswheat.org.

Pictured to the left is a statue in the U.S. Capitol of Dr. Norman Borlaug, the man credited with **saving over a billion lives** because of his research on selective wheat breeding. Dr. Borlaug was informed that he had won the 1970 Nobel Peace Prize while working in a wheat field. To learn more about Dr. Borlaug and his impact on the world, please visit www.normanborlaug.org.

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Recipes tested in the Syngenta “Speak for Wheat” Test Kitchen at the Kansas Wheat Innovation Center by Cindy Falk, nutrition educator.



Food styling and photography by Cindy Falk and Jordan Hildebrand. Background photos on pages 1, 6-13, 16-17 and 20-21 by Jordan Hildebrand. Norman Borlaug statue taken by Julie Winsor. Cover photo and background photo on 4-5 taken by Marsha Boswell.

All other photos used in backgrounds were entries in our State Fair Photo Contest. These photos were submitted by Mark Egger (2-3), Jill Wager (14-15), Dari Hilbert (18-19), Dawn Suderman (22-23) and Tammy Schroeder (24-25).



Healthy Addition Pancakes

Ingredients

1 cup old-fashioned or quick-cooking rolled oats
½ cup whole wheat flour
½ cup all-purpose flour
2 tablespoons milled flax seed or chia seed
1 tablespoon granulated sugar
1½ teaspoons baking powder
½ teaspoon baking soda
1 cup vanilla almond milk or 2% low-fat milk
2 large eggs, beaten
¼ cup unsweetened applesauce

Nutrition

1 pancake provides approximately:
93 calories
3 g protein
16 g carbohydrates
2 g dietary fiber
2 g fat (0 g saturated)
31 mg cholesterol
16 mg folate
1 mg iron
132 mg sodium



Directions

1. In large mixing bowl, mix together oats, whole wheat flour, all-purpose flour, flax seed or chia seed, sugar, baking powder and baking soda.
2. Beat in milk, eggs and applesauce just until combined.
3. Grease heated griddle if necessary. (To test griddle, sprinkle with few drops water. If bubbles skitter around, heat is just right.)
4. Pour about $\frac{1}{4}$ cup batter for each pancake onto hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown. To keep pancakes hot, stack on hot plate with paper towels in between; place on cookie sheet in 250°F oven. Pancakes may be placed on a wire rack to cool; packaged and frozen. Great served with applesauce or peanut butter.

Makes about 12 (4-inch) pancakes.

Microwave Reheat Directions:

1 pancake: 20-30 seconds if at room temperature,
35-45 seconds if frozen

2 pancakes: 35-45 seconds if at room temperature,
1-1½ minutes if frozen

Favorite Freezer Burritos

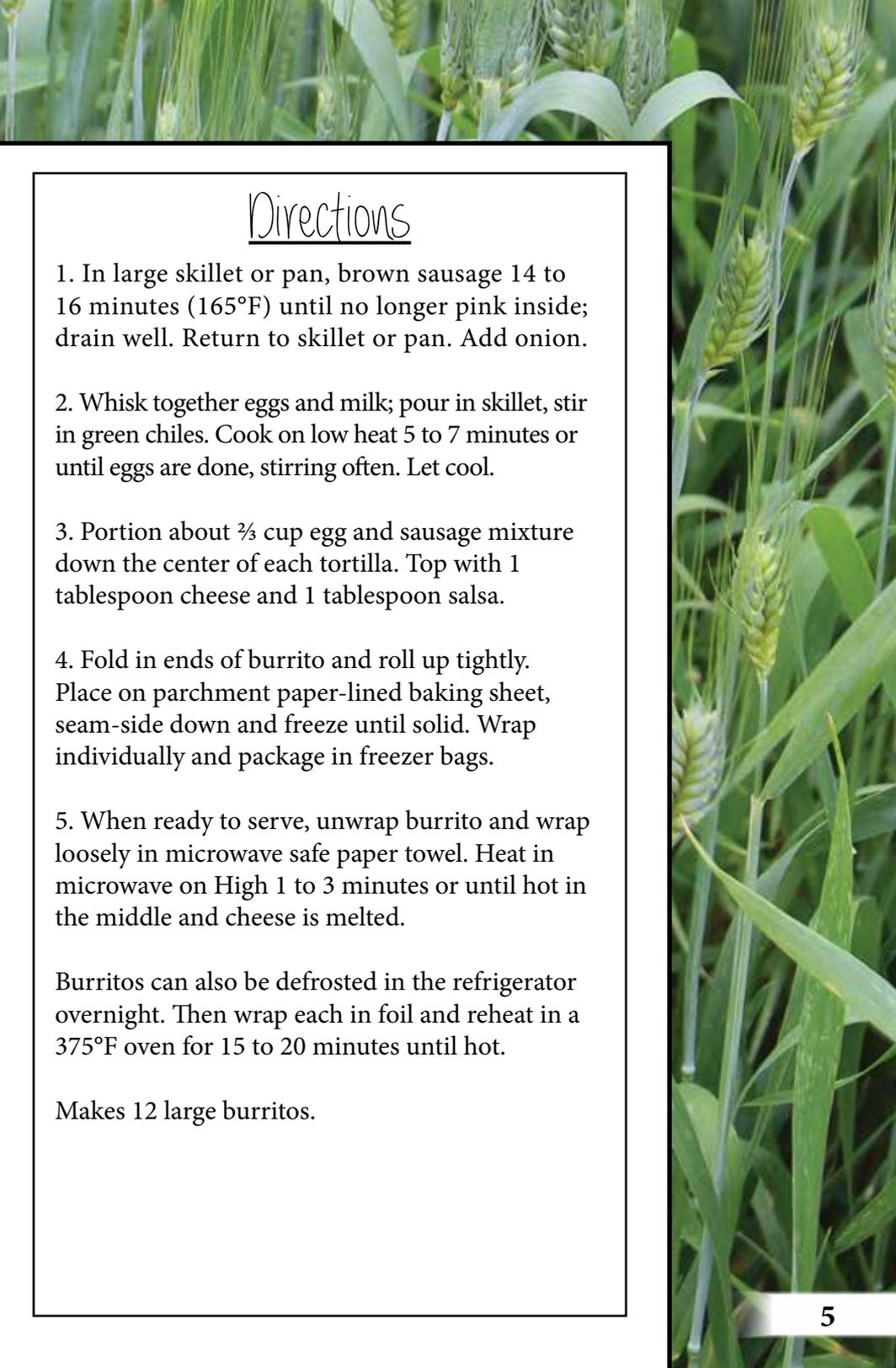
Ingredients

2 pounds turkey or pork sausage
1 large onion, diced (1½ cups)
12 large eggs
½ cup 2% low-fat milk
1 (4.5 oz.) can chopped green chiles, drained (optional)
12 (9-inch) large, burrito size wheat flour tortillas
¾ cup shredded low-fat cheese, divided
¾ cup chunky salsa, divided

Nutrition

1 burrito provides approximately:
340 calories
27 g protein
25 g carbohydrates
2 g dietary fiber
15 g fat (4 g saturated)
245 mg cholesterol
32 mg folate
2 mg iron
917 mg sodium





Directions

1. In large skillet or pan, brown sausage 14 to 16 minutes (165°F) until no longer pink inside; drain well. Return to skillet or pan. Add onion.

2. Whisk together eggs and milk; pour in skillet, stir in green chiles. Cook on low heat 5 to 7 minutes or until eggs are done, stirring often. Let cool.

3. Portion about $\frac{2}{3}$ cup egg and sausage mixture down the center of each tortilla. Top with 1 tablespoon cheese and 1 tablespoon salsa.

4. Fold in ends of burrito and roll up tightly. Place on parchment paper-lined baking sheet, seam-side down and freeze until solid. Wrap individually and package in freezer bags.

5. When ready to serve, unwrap burrito and wrap loosely in microwave safe paper towel. Heat in microwave on High 1 to 3 minutes or until hot in the middle and cheese is melted.

Burritos can also be defrosted in the refrigerator overnight. Then wrap each in foil and reheat in a 375°F oven for 15 to 20 minutes until hot.

Makes 12 large burritos.

Signature Scones

Ingredients

- 1 cup white whole wheat flour
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ½ cup chopped dried or chopped fresh fruit
- 2 tablespoons granulated sugar or agave nectar
- ½ cup (5.3 oz.) nonfat Greek yogurt, any flavor
- ¼ cup vegetable oil or olive oil
- ¼ cup 2% low-fat milk
- 1 large egg, slightly beaten
- Topping:** (optional)
- 1 tablespoon low-fat milk or whipping cream
- 2 teaspoons sparkling white decorating sugar or granulated sugar

Nutrition

- 1 lemon ginger scone provides approximately:
- 176 calories
 - 5 g protein
 - 27 g carbohydrates
 - 2 g dietary fiber
 - 5 g fat (.5 g saturated)
 - 15 mg cholesterol
 - 16 mcg folate
 - 1 mg iron
 - 130 mg sodium



Directions

This signature scone can be customized to your own sweet or savory preference. See variations below.

1. Heat oven to 350°F.
2. In large bowl, combine all ingredients, stirring just until dough clings together. (Mixture will be sticky; if using fresh fruit extra tablespoons of flour may be needed.)
3. On lightly floured surface, knead lightly for a few turns. Divide dough in half; pat dough into two 6-inch circles.
4. Cut each circle into 6 equal wedges. Place 2-inches apart on parchment paper-lined or lightly greased baking sheet. Brush surface with milk; sprinkle with sugar.
5. Bake 20 to 25 minutes or until lightly golden. Transfer to a wire rack; serve warm or at room temperature.

Makes 12 scones.

KWC Test Kitchen Variations:

Lemon Ginger (pictured at left): lemon yogurt, 1 tablespoon grated lemon zest plus $\frac{1}{4}$ - $\frac{1}{2}$ cup finely minced crystallized ginger

Double Pineapple: pineapple yogurt with chopped dried tropical pineapple

Bacon and Cheese: plain nonfat yogurt, $\frac{1}{2}$ cup finely chopped fully cooked bacon and $\frac{1}{2}$ cup shredded sharp Cheddar cheese

Pepperoni Pizza: plain nonfat yogurt, $\frac{1}{2}$ cup finely chopped pepperoni, $\frac{1}{2}$ cup pizza cheese plus extra cheese for sprinkling on top of the scone

For more topping ideas visit www.AmericasBreadbasket.com.

Whole Grain Banana Bread

Ingredients

1 cup white whole wheat flour
¾ cup all-purpose flour
1 cup granulated sugar
1 teaspoon baking soda
½ cup chopped, toasted walnuts
(optional)
1¼ cups mashed very ripe
bananas (3 medium)
¼ cup unsalted butter, softened
¼ cup unsweetened applesauce
2 large eggs, beaten
1 teaspoon vanilla extract
2 tablespoons low-fat buttermilk

Nutrition

1 slice provides approximately:
157 calories
3 g protein
29 g carbohydrates
2 g dietary fiber
4 g fat (2 g saturated)
31 mg cholesterol
15 mcg folate
1 mg iron
90 mg sodium

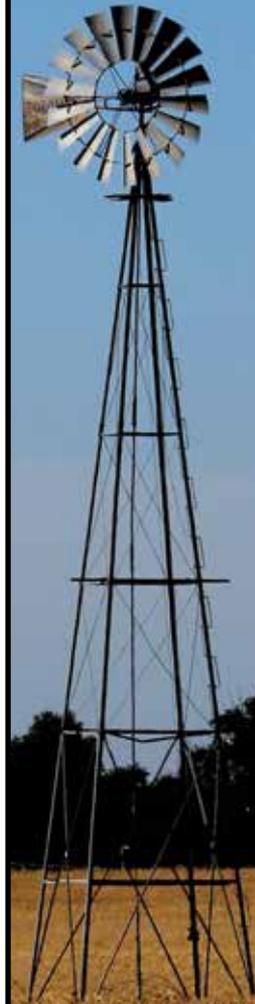


Directions

1. Preheat oven to 350°F. Lightly spray with nonstick cooking spray or grease bottom only of 8 ½ x 4 ½-inch loaf pan.
2. In large bowl, whisk together white whole wheat flour, all-purpose flour, sugar, baking soda and walnuts.
3. In medium bowl, whisk together bananas, butter, applesauce, eggs, vanilla and buttermilk.
4. Add banana mixture to flour mixture; stir ingredients together just until combined. Do not over mix batter. Spread batter into pan.
5. Bake on middle oven rack 60 to 65 minutes, or until wooden pick inserted in center comes out clean. Check doneness by inserting a thermometer in center of loaf (205°-210°F). Cool 5 minutes; loosen sides of bread from pan using a knife. Remove bread from pan to cooling rack. Cool completely, about 1 hour, before slicing.

To store, wrap and refrigerate bread no longer than 1 week. May be frozen.

Makes 1 loaf, 16 slices.



Healthy and Hearty 3-Seed Bread

Ingredients

Makes 2-pound bread machine recipe

- 2 cups bread flour
- 1 cup whole wheat flour
- 1½ teaspoons salt
- 1 tablespoon vital wheat gluten
- 2 tablespoons dry milk powder
- 4 tablespoons whole flaxseed
- 3 tablespoons raw/hulled sunflower seeds
- 2 tablespoons chia seed or poppy seed
- 2 tablespoons olive oil
- 2 tablespoons honey or agave nectar
- 1½ cups water (80°F)
- 2 teaspoons active dry yeast

Nutrition

One slice provides approximately:

- 120 calories
- 4 g protein
- 20 g carbohydrates
- 2 g dietary fiber
- 3 g fat (0 g saturated)
- 0 mg cholesterol
- 33 mcg folate
- 1 mg iron
- 200 mg sodium



Directions

1. Add ingredients to bread machine in the order suggested by manufacturer. Select Basic/white bread cycle; light or medium crust setting. Timed-bake feature can be used.
2. Check the dough after 5 minutes. Dough should form a soft ball around the kneading blade. If dough is too wet, add 1 tablespoon flour at a time. If dough is too dry, add 1 tablespoon water at a time until dough forms a soft ball around the kneading blade.
3. When cycle is done, remove bread from machine and pan; let cool on wire rack.

Makes 1 loaf, 18 slices.

Purple Pride Quick Bread

Ingredients

- 1 large egg
- ½ cup granulated sugar
- 1 cup 2% low-fat milk
- 3 tablespoons unsalted butter, softened
- 3 teaspoons baking powder
- 2¼ cups all-purpose flour
- 1 teaspoon orange or lemon zest
- ½ cup fresh blueberries
- Topping:** (optional)
- 2 tablespoons granulated or sparkling white sugar

Nutrition

- One slice provides approximately:
- 200 calories
 - 6 g protein
 - 37 g carbohydrates
 - 1 g dietary fiber
 - 3 g fat (1.5 g saturated)
 - 19 mg cholesterol
 - 55 mcg folate
 - 2 mg iron
 - 115 mg sodium



Directions

1. Preheat oven to 375°F. Spray with nonstick cooking spray the bottom only of 8 ½ x 4 ½-inch loaf pan.
2. In large mixing bowl, whisk egg; stir in sugar, milk, butter, baking powder, flour and orange or lemon zest. Mix just until dry ingredients are moistened. Blend in blueberries.
3. Spread batter in pan. If desired, sprinkle sugar on top of batter.
4. Bake loaf 50 to 55 minutes or until a wooden pick inserted in center of loaf comes out clean. Cool 10 minutes; remove bread from pan. Serve warm, fresh from the oven.

Makes 1 loaf, 16 slices.

K-State Research and Extension Tip:

Another way to test for doneness is by checking the internal temperature using a food thermometer. Here are some suggested temperatures for some baked goods:

Quick bread: 210°F

Layer cakes: 205-210°F

Yeast bread: 195-210°F

Yeast rolls: 190-195°F

Muffins: 210°F

Brown-and-Serve Wheat Rolls

Ingredients

3 cups white whole wheat flour
2 (¼ oz.) packages instant yeast
½ cup granulated sugar
2½ teaspoons salt
1½ cups 2% low-fat milk
1½ cups water
½ cup (1 stick) margarine or
butter
2 large eggs, beaten
5½-6 cups bread flour, divided

Nutrition

One roll provides approximately:
132 calories
4 g protein
22 g carbohydrate
1 g dietary fiber
3 g fat (1 g saturated)
9 mg cholesterol
34 mcg folate
1 mg iron
551 mg sodium



Directions

1. In mixer bowl, mix white whole wheat flour, undissolved yeast, sugar and salt.
2. Heat milk, water and margarine to very warm (120°-130°F). Note: margarine or butter does not need to melt. For best results, check liquid temperature with a thermometer.
3. Add to dry ingredients and beat 2 minutes at low speed, scraping bowl. Add eggs and 2 cups bread flour; beat 2 minutes, scraping bowl. Gradually mix in enough additional bread flour to make a soft dough.
4. Knead on lightly floured surface or with dough hook 10-12 minutes. Cover dough; let rest 10 minutes.
5. Shape dough as desired and place on greased or parchment-lined baking sheets or pans. Cover dough that is not being shaped so it does not dry out. Cover rolls; let rise in a warm (80°-90°F) place until doubled in size, about 45-60 minutes. To check if dough has doubled, press tip of finger lightly into side of roll. If indentation remains, the dough has doubled in size.
6. Preheat oven to 300°F. Bake rolls 20-25 minutes, or until rolls are set and they are just starting to change color. Cool rolls in pans or on baking sheets 10 minutes. Remove rolls to wire rack; cool completely.
7. Place rolls in sealable bags, label and date. Store in refrigerator up to 1 to 2 days or in freezer up to 1 month.
8. To brown and serve: If frozen, defrost rolls at room temperature, about 1 hour. Preheat oven to 400°F. Place rolls on cookie sheet and bake until golden brown, about 10 minutes.

Makes 48 rolls.

For roll shaping ideas visit www.AmericasBreadbasket.com.

One-Bowl Fruit Cocktail Cake

Ingredients

- 1 (14.5 oz.) can, no sugar added, fruit cocktail
- 1 cup all-purpose flour
- 1 cup white whole wheat flour
- ½ teaspoon ground cinnamon
- 2 teaspoons baking soda
- 1 large egg
- 1 cup brown sugar, packed
- 1 teaspoon vanilla extract

Optional topping recipes on next page.

Nutrition

1 serving, without topping, provides approximately:

- 98 calories
- 2 g protein
- 22 g carbohydrate
- 1 g dietary fiber
- 0 g fat (0 g saturated)
- 9 mg cholesterol
- 10 mcg folate
- 1 mg iron
- 131 mg sodium

Note: This recipe has no added fat.



Directions

1. Preheat oven to 350°F. Drain fruit cocktail and reserve juice. Lightly spray a 13 x 9 x 2-inch baking pan with nonstick cooking spray.

2. In medium bowl, whisk together all-purpose flour, white whole wheat flour, cinnamon and baking soda.

3. In large bowl, whisk together egg, brown sugar and vanilla.

4. Stir in fruit cocktail juice and flour mixture; mix well.

5. Fold in fruit cocktail until thoroughly combined. Bake 22 to 25 minutes or until wooden pick inserted in center comes out clean and cake is golden brown.

6. If desired, add topping.

Makes 20 servings.

KWC Test Kitchen Variations:

Coconut and Pecan Topping (shown in photo at left):

In small saucepan, combine $\frac{1}{3}$ cup granulated sugar, $\frac{1}{4}$ cup evaporated milk, 4 tablespoons butter, $\frac{1}{2}$ cup sweetened flake coconut and $\frac{1}{4}$ cup chopped pecans. Boil 10-12 minutes, stirring constantly until thick. While cake is hot, poke holes in cake with fork and pour hot topping on cake.

Chocolate Chip and Pecan Topping:

Before baking cake, sprinkle $\frac{1}{4}$ cup mini semisweet chocolate morsels and $\frac{1}{4}$ cup chopped pecans on top.

For more variations of this recipe visit www.AmericasBreadbasket.com.



Homemade flour Tortillas

Ingredients

1¼ cups whole wheat flour
1¼ cups all-purpose flour
½ teaspoon salt
1 teaspoon baking powder
1-1¼ cups warm water
2 tablespoons vegetable oil or shortening

Nutrition

1 tortilla provides approximately:
164 calories
5 g protein
28 g carbohydrate
2 g dietary fiber
4 g fat (0 g saturated)
0 mg cholesterol
33 mcg folate
2 mg iron
219 mg sodium



Directions

1. In large bowl, combine whole wheat flour, all-purpose flour, salt and baking powder.
2. Gradually add enough warm water and oil to make a soft dough. Stir until mixture is combined and sticks together. If dough is too sticky, add small sprinkles of flour. Knead dough lightly to form a smooth dough ball for about two minutes. If dough is dry, add small sprinkles of water.
3. Divide dough into 8 equal pieces; shape each into a ball. Cover; let dough rest 15 to 20 minutes before rolling out or place in sealable bag and refrigerate overnight.
4. Using a rolling pin, roll out each ball, starting in the center and rolling out, into an 8 to 10-inch circle.
5. Heat griddle or skillet to 400°F. Bake each tortilla about 1½ to 2 minutes per side or until lightly browned. Tortilla will have brown speckled spots. Stack, cover and keep warm.

Makes 8 tortillas.

Whole Grain Sesame Crackers

Ingredients

- 2 tablespoons sesame seeds, toasted
- 2 cups white whole wheat flour
- 1 teaspoon sea salt
- $\frac{3}{4}$ teaspoon freshly ground coarse black pepper
- $\frac{3}{4}$ cup warm water

Nutrition

- 1 serving provides approximately:
- 91 calories
 - 3 g protein
 - 16 g carbohydrates
 - 3 g dietary fiber
 - 1 g fat (0 g saturated)
 - 0 mg cholesterol
 - 0 mcg folate
 - 1 mg iron
 - 196 mg sodium



Directions

1. Place a baking stone on a rack in the lower third of the oven. Preheat to 450°F.

2. In a small skillet on low heat, toast sesame seeds about 2 to 3 minutes until light golden in color and toasted aroma.

3. In large bowl, mix white whole wheat flour, sesame seeds, salt and pepper. Make a well in the center of the dry ingredients and pour the water into the well. With spoon, mix the ingredients together until combined. If necessary, add a few teaspoons of water until dough forms a ball.

4. Turn dough out onto lightly floured work surface and knead until smooth, about 3 minutes.

5. Divide the dough into 6 equal pieces and cover dough you are not working with. Roll a piece of dough out on lightly floured surface until it is as thin as you can possibly roll it. (Shape isn't as important as the thinness.) Brush off excess flour with pastry brush.

6. Place the dough onto the hot stone. Time exactly 1 minute. Flip the cracker and time another 1 minute. The cracker is done when it is golden, blistered and crisp. If the cracker needs more time, continue in 15 second increments, flipping and watching constantly. Cool on a rack.

7. Break crackers into serving pieces. Serve with a variety of dips, spreads and salsa. Crackers may be made ahead of time and frozen for later use.

Makes approximately 12 servings.

KWC Test Kitchen Variation:

Replace sesame seeds with dry Italian seasoning, replace black pepper with garlic powder, and mix into dough ½ cup freshly grated Parmesan cheese.

Walnut Biscotti

Ingredients

¾ cup English walnuts
½ cup (1 stick) unsalted butter
¾ cup granulated sugar
2 large eggs
1 teaspoon vanilla extract
1 tablespoon brandy, cognac,
rum or brandy extract
2 cups plus 2 tablespoons
all-purpose flour
1½ teaspoons baking powder

Nutrition

1 serving provides approximately:
70 calories
1 g protein
9 g carbohydrates
0 g dietary fiber
3 g fat (1 g saturated)
13 mg cholesterol
15 mcg folate
.41 mg iron
20 mg sodium



Directions

1. Preheat oven to 350°F. Place walnuts on baking sheet and toast for 5 minutes. Remove from oven and cool. Chop coarsely.
2. Reduce oven to 325°F. Line baking sheet with foil; grease lightly with butter and dust with a few sprinkles of flour.
3. In mixer bowl, beat together butter and sugar until soft and smooth. Beat in the eggs, mix well. Add vanilla and brandy or other flavoring. With mixer on low speed, beat in flour, baking powder and walnuts until combined.
4. On a lightly floured board, divide the dough into 2 equal pieces. Form each into a strip about 2 inches wide and 12 inches long. Transfer strips to baking sheet, leaving several inches between them. Bake 25 minutes, or until lightly browned.
5. Remove biscotti and let cool 30 minutes. Using sharp, serrated knife, cut strips on a diagonal into ½-inch slices. Place, cut-side down, on a baking sheet. Return to oven and bake 10 to 15 minutes or until slices are dry and lightly toasted. Transfer biscotti to a wire rack to cool completely. Store in airtight container. Note: biscottis may be frozen.

Makes 3 to 4 dozen.

KWC Test Kitchen Variation:

Replace walnuts with ¾ cup semisweet chocolate morsels.



Go Further Brownies

Ingredients

½ cup white whole wheat flour
½ cup all-purpose flour
½ teaspoon salt
½ teaspoon baking soda
5 tablespoons margarine or
butter
2 squares (2 oz.) unsweetened
baking chocolate
1 cup granulated sugar
2 teaspoons vanilla extract
2 large eggs
¼-½ cup chopped pecans
(optional)

Nutrition

1 serving provides approximately:
137 calories
2 g protein
20 g carbohydrates
1 g dietary fiber
6 g fat (2 g saturated)
23 mg cholesterol
8 mcg folate
1 mg iron
150 mg sodium



Directions

1. Preheat oven to 350°F. Spray an 8 x 8 x 2-inch square pan with nonstick cooking spray.
2. In medium bowl, whisk together white whole wheat flour, all-purpose flour, salt and baking soda.
3. In large microwaveable bowl, melt margarine and chocolate 30 seconds on High; stir. Continue heating and stirring until completely melted. Stir in sugar and vanilla.
4. Using spoon, thoroughly beat in eggs; stir flour mixture into chocolate mixture and mix until combined.
5. Spread batter in prepared pan. If desired, sprinkle on pecans.
6. Bake 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Brownies will pull away from sides of pan. Cool completely on a wire rack (about 1 hour). Cut into 2-inch squares.

Makes 16 brownies.

Note: Recipe may be doubled for a 13 x 9 x 2-inch pan.



For more recipes, baking tips and future

National Festival of Breads

contest information visit:

www.nationalfestivalofbreads.com

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