The Grain Event

BY KATE SHERWOOD

Whole grains cook much faster if you boil them in plenty of water, as you would pasta. Our recommended half-cup serving for grains can seem skimpy, so we’ve piled on the vegetables and upped the serving size to 1 cup.

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

The Grain Event

Mixed Rice with Roasted Peppers & Red Onion

Serves: 6 | Total Time: 40 minutes

We used Lundberg’s Wild Blend rice. You can use any whole grain for this recipe, adjusting the cooking time as needed.

In a large pot, boil the rice in plenty of water until tender, about 30 minutes. • While the rice is cooking, preheat the oven to 450°F. • Line two rimmed baking sheets with foil. On one, toss the peppers with 1 Tbs. of the oil. On the other, toss the onion with the remaining 1 Tbs. of oil and the vinegar. Roast for 15 minutes. • Add the pine nuts to the peppers and the raisins to the onions and continue to roast until the nuts are browned, 4-5 minutes. • Drain the rice well and toss with the peppers and onions. • Season with up to ½ tsp. of salt.

Per serving (1 cup): calories 180 | total fat 8 g | sat fat 1 g | sodium 170 mg | carbs 28 g | fiber 3 g | protein 3 g

1 cup mixed rice (wild, brown, black, etc.)
2 bell peppers, diced
2 Tbs. extra-virgin olive oil, divided
1 red onion, diced
2 Tbs. balsamic vinegar
¼ cup pine nuts
¼ cup golden raisins
½ tsp. kosher salt

Creamed Cauliflower & Brown Rice

Serves: 6 | Total Time: 40 minutes

This simple, scrumptious dish tastes remarkably creamy but uses no cream. Remove a few pieces of browned cauliflower for garnish and serve with lemon wedges.

In a large, heavy pot over medium heat, sauté the cauliflower in the oil until browned, about 3 minutes. • Stir in the garlic and cook for 1 minute. • Stir in the rice with 3 cups of water and bring to a boil. Cover and adjust the heat to simmer for 25 minutes. • Add the pine nuts to the peppers and the raisins to the onions and continue to roast until the nuts are browned, 4-5 minutes. • Drain the rice well and toss with the peppers and onions. • Season with up to ½ tsp. of salt.

Per serving (1 cup): calories 190 | total fat 9 g | sat fat 1 g | sodium 170 mg | carbs 28 g | fiber 3 g | protein 3 g

1 lb. cauliflower, chopped into small pieces
3 Tbs. extra-virgin olive oil
3 cloves garlic, minced
¾ cup short-grain brown rice
½ cup grated parmesan cheese
1 Tbs. lemon juice
½ tsp. kosher salt
freshly ground black pepper

Wild Rice Sauté

Serves: 4 | Total Time: 45 minutes

Crunch. Flavor. Color. This dish has it all. It’s best when made with a tart-sweet apple like a Granny Smith.

In a large pot, boil the rice in plenty of water until tender, about 40 minutes. • While the rice is cooking, in a large skillet, sauté the carrot and celery in the oil over medium heat until tender, 3-5 minutes. • Stir in the apple and scallions and cook until just hot, 1-2 minutes. • In a small bowl, mix the mustard with 2 Tbs. water. • Drain the rice and add to the skillet. Remove from the heat and stir in the diluted mustard. • Season with up to ¼ tsp. of salt and freshly ground black pepper.

Per serving (1 cup): calories 170 | total fat 4 g | sat fat 0 g | sodium 170 mg | carbs 31 g | fiber 3 g | protein 5 g

¾ cup wild rice
1 large carrot, finely diced
1 stalk celery, thinly sliced
1 Tbs. canola oil
1 apple, finely diced
6 scallions, sliced
1 Tbs. dijon mustard
¾ tsp. kosher salt
freshly ground black pepper