**WHOLE GRAINS**

**GLUTEN FREE GRAINS**

**MILLET**: Although millet is most often associated as the main ingredient in bird seed, it is not just "for the birds." Millet is the leading staple grains in India, and is commonly eaten in China, South America, Russia and the Himalayas. Now people in the United States are beginning to realize what they've been missing. Millet’s incredible versatility means it can be used in everything from flatbreads to porridges, side dishes and desserts – even fermented and consumed as an alcoholic beverage. Creamy like mashed potatoes or fluffy like rice, millet is a delicious grain that can accompany many types of food. Millet is a gluten free ancient grain that cooks quickly and has a pleasantly mild, slightly sweet flavor. It's perfect for whole grain salads and as a substitute for rice in pilafs or stir fries. For breakfast, use millet to make a creamy, soothing hot cereal.

<http://www.onegreenplanet.org/vegan-food/incredible-ways-to-cook-with-millet/>

**TEFF**: Teff is a fine grain—about the size of a poppy seed—that comes in a variety of colors, from white and red to dark brown. Teff grows predominantly in Ethiopia and Eritrea, and thrives even in difficult climates. As such, it comprises the staple grain of their cuisines. The grain has a very mild, nutty flavor, and it packs a serious nutritional punch. Teff has an excellent balance of amino acids, and it is also high in protein, calcium, and iron. Ground into flour, teff is used to make the traditional bread, injera: a flat, pancake-like, fermented bread that complements the exotic spices found in the regional food. It can also be ground into flour to make an excellent gluten-free flour alternative, and can be used to make pie crusts, cookies, breads, and an assortment of other baked goods. Teff can also be eaten whole and steamed, boiled, or baked as a side dish or a main course.

<http://www.teffco.com/recipes/>

**SORGHUM**: Sorghum is a gluten free grain with hearty texture and mild flavor. It can be popped like popcorn or used in pilafs, salads, or anywhere else whole grains are called for. Sorghum is a versatile grain that be incorporated into any dish in a variety of ways. White food-grade sorghum can be milled directly into whole grain flour to produce foods such as cookies, cakes, breads, pizza dough, pastas, cereals and more. Sorghum is also a healthy addition to salads, used as a complimentary side or in the main dish.

<http://sorghumcheckoff.com/food/sorghum-recipes/>

**BUCKWHEAT:** Buckwheat goes way beyond the pancake mixes we associate with it. Japan’s soba noodles, Brittany’s crêpes and Russia’s kasha are all made with buckwheat. Botanically, buckwheat is a cousin of rhubarb, not technically a grain at all – and certainly not a kind of wheat. But its nutrients, nutty flavor and appearance have led to its ready adoption into the family of grains. Buckwheat Groats are the hulled seeds of the buckwheat plant. These soft white seeds have a mild, grassy flavor, which can be intensified by toasting the buckwheat kernels. This gluten free grain is a great addition to soups and salads, and is a must-have ingredient for classic Eastern European dishes including kasha varnishkes and potato knish.

<http://wholegrainscouncil.org/whole-grains-101/buckwheat-december-grain-of-the-month>

**AMARANTH**: Amaranth is a gluten-free food and a source of complete protein. It makes a unique hot cereal or polenta. Add to baked goods or homemade granola for a pleasant texture and extra nutrition. Amaranth grain has a long and colorful history in Mexico and is considered a native crop in Peru. It was a major food crop of the Aztecs, until Cortez, in an effort to destroy that civilization, decreed that anyone growing the crop would be put to death. Today amaranth is making its way back, thanks to a lively, peppery taste and a higher level of protein (it's roughly 13-14% protein) compared to most other grains. In South America, it is often sold on the streets, popped like corn. Amaranth has no gluten, so it must be mixed with wheat to make leavened breads. It is popular in cereals, breads, muffins, crackers and pancakes.

<http://wholegrainscouncil.org/whole-grains-101/amaranth-may-grain-of-the-month-0>

**QUINOA:** With its mild flavor, light crunch and impressive protein content, quinoa is the perfect gluten-free substitute for pasta, rice or couscous. It’s also frequently milled into gluten-free flour that can be used in baking, or as the base for gluten-free pastas, cereals and more. Quinoa is native to Bolivia and is a relative of Swiss chard, spinach and beets. Quinoa is also a complete protein, which means it provides all nine essential amino acids necessary for good health, hence the name “essential.” Cooking with quinoa is a lot easier than you might think. This amazing ancient grain packs in the nutrition without sacrificing even an ounce of family-friendly flavor. Plus, it’s super versatile, and our growing archive of easy recipes using quinoa and other ancient grains proves it.

<http://www.cookinglight.com/food/recipe-finder/cooking-with-quinoa>

**OATS:** Oats have a sweet flavor that makes them a favorite for breakfast cereals. Unique among grains, oats almost never have their bran and germ removed in processing. So if you see oats or oat flour on the label you're virtually guaranteed to be getting whole grain. In the U.S., most oats are steamed and flattened to produce "old-fashioned" or regular oats, quick oats, and instant oats. The more oats are flattened and steamed, the quicker they cook – and the softer they become. If you prefer a chewier, nuttier texture, consider steel-cut oats, also sometimes called Irish or Scottish oats. Steel-cut oats consist of the entire oat kernel (similar in look to a grain of rice), sliced once or twice into smaller pieces to help water penetrate and cook the grain. Cooked for about 20 minutes, steel-cut oats create a breakfast porridge that delights many people who didn't realize they love oatmeal!

<http://wholegrainscouncil.org/whole-grains-101/oats-january-grain-of-the-month>

**GRAINS CONTAINING GLUTEN**

**BARLEY:** Barley is a wonderfully versatile cereal grain with a rich nutlike flavor and an appealing chewy, pasta-like consistency. Its appearance resembles wheat berries, although it is slightly lighter in color. Barley is one of the oldest cultivated grains. Egyptians buried mummies with necklaces of barley, and centuries later in 1324 Edward II of England standardized the inch as equal to “three grains of barley, dry and round, placed end to end lengthwise." It is a highly-adaptable crop, growing north of the Arctic circle and as far south as Ethiopia.The fiber in barley is especially healthy; it may lower cholesterol even more effectively than oat fiber.

<https://wholegrainscouncil.org/whole-grains-101/grain-month-calendar/barley-%E2%80%93-february-grain-month>

**RYE**: Rye is a cereal grain that looks like wheat but is longer and more slender and varies in color from yellowish brown to grayish green. It is generally available in its whole or cracked grain form or as flour or flakes that look similar to old-fashioned oats. Because it is difficult to separate the germ and bran from the endosperm of rye, rye flour usually retains a large quantity of nutrients, in contrast to refined wheat flour. Rye is a good source of [fiber](http://www.whfoods.com/genpage.php?tname=nutrient&dbid=59). Rye fiber is richly endowed with noncellulose polysaccharides, which have exceptionally high water-binding capacity and quickly give a feeling a fullness and satiety, making rye bread **a real help for anyone trying to lose weight**. Whole rye kernels are usually referred to as “rye berries.” Rye chops are the rye equivalent of cracked wheat  or steel-cut oats. That is to say, the whole kernel (the rye berry) is cracked or cut into a few pieces that are quicker to cook than the completely intact rye berry.  Rye flakes are created like rolled oats: by steaming rye berries and then rolling and drying them. You can add them to baked goods, cook them for porridge, and otherwise use as you would rolled oats.

<http://www.recipetips.com/kitchen-tips/t--1368/cooking-rye.asp>

**BULGAR:** When wheat kernels are boiled, dried, cracked, then sorted by size, the result is bulgur. This wheat product is sometimes referred to as “Middle Eastern pasta” for its versatility as a base for all sorts of dishes. Bulgur is most often made from durum wheat, but in fact almost any wheat, hard or soft, red or white, can be made into bulgur. Because bulgur has been precooked and dried, it needs to be boiled for only about 10 minutes to be ready to eat – about the same time as dry pasta. This makes bulgur an extremely nutritious fast food for quick side dishes, pilafs or salads. Perhaps bulgur’s best-known traditional use is in the minty grain and vegetable salad known as [tabbouleh](https://sunnylandmills.com/6086/).

<https://sunnylandmills.com/recipes/#CookingGuide>

**KAMUT:** Kamut® aka Khorasan wheat is an heirloom grain, once pushed aside by an agricultural monoculture but now returning to add variety to the food supply. It is prized for its nutrition, ease of digestibility, sweet nutty-buttery taste and firm texture. Compared to most modern wheat it has more protein, amino acids, vitamins and many minerals, especially selenium, zinc and magnesium. Khorasan is a variety of wheat and thus has gluten. However, many people with sensitivities to modern wheat report being able to eat khorasan wheat with no difficulty.

<http://www.kamut.com/>

**SPELT:** Spelt is a variety of wheat widely cultivated until the spread of fertilizers and mechanical harvesting left it by the wayside in favor of wheats more compatible with industrialization. Spelt is a hardier and more nutritious cousin to modern wheat and can be used in place of common wheat in most recipes. Known for its slightly ‘nutty’ flavor, spelt has long been popular as a health food in Europe. In addition to spelt flour, spelt is also available in its de-hulled, whole grain form (often referred to as spelt berries), which can be prepared and enjoyed like rice. One of the best things about spelt – in addition to its health benefits? It tastes wonderful!

<https://natureslegacyforlife.com/about/what-is-spelt>

**EMMER FARRO:** Emmer farro is an ancient strain of wheat, is low in gluten, and high in protein and fiber. It was one of the first cereals domesticated in the Fertile Crescent and centuries later, it was the standard daily ration of the Roman legions. Emmer farro was gradually replaced by durum wheat since it is easier to hull. By the beginning of the 20th century, higher-yielding wheat strains had replaced emmer in most places, except in Ethiopia, where emmer still constitutes about 7% of the wheat grown. As a whole grain, it has a delicious nutty flavor and delightful texture perfect for [grain salads, soups, and pilafs](https://wholegrainscouncil.org/recipes/search?keys=&grain%5B0%5D=71&items_per_page=12). When milled, it has a sweet flavor with caramel undertones which adds to the appeal of baked goods.

<https://bluebirdgrainfarms.com/product-category/organic-emmer-farro-products/>