

# Cooking Healthy Whole Grains

There are many different types of whole grains. They are easy to cook, much like cooking rice or pasta. Try making different grains to see which ones you like best!

**How to make:** To start, rinse grains (you can choose to do this, but rinsing is not needed). In a pot, add grains to water/broth. Cover with a lid and turn up to medium heat. Bring to a boil. Once boiling, lower heat. Simmer while covered until fully cooked.

Remember that each type of grain can give us different health benefits. So try to eat many types!

Type of grain	Amount of dry grain	Water or low sodium broth	How long to cook	How much it makes
Amaranth 	1 cup	2 cups	20-25 minutes	3.5 cups
Brown rice 	1 cup	2-2.5 cups	45 minutes	3-4 cups
Barley 	1 cup	3-4 cups	45-60 minutes	3 cups
Buckwheat 	1 cup	2 cups	20 minutes	4 cups
Bulgur 	1 cup	2 cups	10-12 minutes	3 cups
Farro 	1 cup	2.5 cups	20-40 minutes	3 cups

Type of grain	Amount of dry grain	Water or low sodium broth	How long to cook	How much it makes
<b>Millet</b> 	1 cup	2.5 cups	20 minutes	4 cups
<b>Oatmeal, steel cut</b> 	1 cup	3-4 cups	20 minutes	4 cups
<b>Quinoa</b> 	1 cup	2 cups	12-15 minutes	3 cups
<b>Sorghum</b> 	1 cup	4 cups	25-40 minutes	3 cups
<b>Wild rice</b> 	1 cup	3 cups	45-55 minutes	3.5 cups

- Cooking times and amount of water needed can vary. Taste as you go to see what texture you like best! The grain is done when it is as tender as you like it to be.
- **Hint:** To cook grains more quickly, soak them overnight in the amount of water needed. Cook them the next day (more water may be needed).

Talk to your CHN Nutritionist if you have questions!