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It's hard to beat a whole grain treat!

Including whole grains can be easy and tasty!

- Replace up to half of white flour with whole wheat or oat flour
- Add bulgur or barley to soup
- Choose corn or whole wheat tortillas
- Try brown rice or whole grain pasta
- Add rolled oats to meatloaf



Make at least half your grains whole grains!

Look for whole grains on the ingredients list:



- whole wheat
- rolled oats or oatmeal
- brown or wild rice
- whole grain corn
- bulgur wheat
- whole grain barley

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Kids can...

- ♦ Choose breakfast cereal with 3 or more grams of fiber.
- ♦ Make [Do It Yourself Trail Mix](#)
- ♦ Pick out 1 new whole grain to taste.

Quick Whole Grains

Choose whole grain foods that you don't have to cook.

- Whole grain breakfast cereal
- Whole grain crackers
- Whole grain bread
- Popcorn (low salt/fat)



Monthly Hero Checklist

- Choose a whole grain snack
- Substitute a whole grain food for a refined grain food
- Make Bulgur Pilaf
- _____



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Oregon State UNIVERSITY **OSU** Extension Service



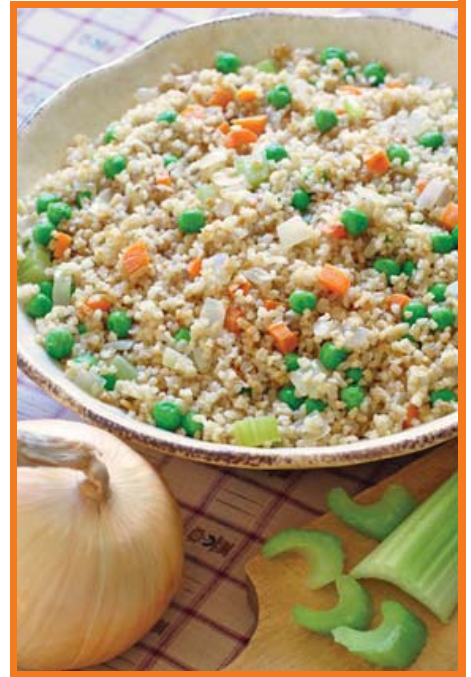
Bulgur Pilaf



Ingredients

- 2 tablespoons **oil**
- 1/2 cup chopped **celery**
- medium **onion**, chopped
- 1 cup **bulgur**
- 1/2 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 2 cups **broth** (beef, chicken, or vegetable)

Serving Size 1/2 cup
Yield 6 Servings
Prep time: 10 minutes
Cooking time: 20 minutes



Directions

1. Add oil, celery, onion and bulgur to a large skillet.
2. Stir constantly over medium heat until vegetables are tender and bulgur is golden brown.
3. Add seasonings and broth and bring to a boil.
4. Cover pan and reduce heat to low.
5. Simmer 15 minutes. Liquid should be gone. Serve.
6. Refrigerate leftovers within 2 hours.

Notes

Add other vegetables such as peas, grated carrots, chopped bell peppers. Try additional flavors such as dill weed, oregano, sage, marjoram, or parsley.

Nutrition Facts

Serving Size 1/2 cup (135g)	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 21g	7%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 5g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	