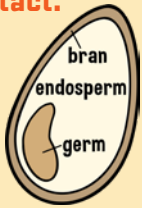




Cook Whole Grains on the Stovetop

Eating whole grains as part of a healthy diet may lower your risk of heart disease, help you manage your weight, and add vitamins, minerals and fiber to your meals.

Whole grains have all three parts of the grain kernel intact.



How to cook 1 cup of each grain listed:

1. Wash hands with soap and water.
2. Measure out the liquid (water, broth, milk or a mixture) you need and pour it into a pot, saucepan or electric skillet.
3. Add **1 cup** of the dry grain. Liquid needed and cooking times vary. If the grain is soft and tasty, it's done. If not, cook longer and add more liquid as needed. When done, drain off any excess liquid.
4. Serve. Store in the refrigerator 3 to 4 days or freeze for up to 3 months.

Next to each photo you'll find details for cooking each grain.

Grain name

- ☞ About how many cups of liquid to use for 1 cup of dry grain and when to add the grain to the liquid.
- 🕒 How many minutes to cook after the first boil, plus extra details.
- 🍴 Cup of grains made.

Rice cookers are an option: The **grain-to-liquid amounts** are often the same as for a pot. For whole grains that cook in 25 minutes or less, use the white-rice setting. Use the brown-rice setting for those that take more time.



Amaranth

- ☞ Boil 2 to 3 cups liquid, then add amaranth.
- 🕒 Simmer on low heat 25 to 30 minutes, lid on.
- 🍴 2½ cups. This grain freezes well.



Barley, hulled (*pearled barley is high in fiber, but is not a whole grain*)

- ☞ Add barley to 3 cups liquid, then boil.
- 🕒 Simmer on low heat 45 to 60 minutes, lid on.
- 🍴 3 cups



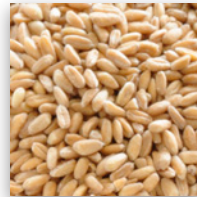
Buckwheat*

- ☞ Boil 1½ to 2 cups liquid, then add buckwheat and return to a boil.
- 🕒 Simmer on low heat 10 to 15 minutes, lid on. Turn off heat and drain water or let stand 5 minutes to absorb the water.
- 🍴 3 cups



Bulgur

- ☞ Add bulgur to 2 cups liquid, then boil.
- 🕒 Simmer on low heat 12 minutes, lid on.
- 🍴 3 cups



Farro

- ☞ Boil 8 cups liquid, then add farro and return to a boil.
- 🕒 Boil 30 to 40 minutes, lid off.
- 🍴 2½ cups



Grits, creamy (also called polenta)

- ☞ Boil 4 cups liquid. Over medium heat, slowly stir in grits. Cook and stir 5 minutes.
- 🕒 Simmer on low heat 20 minutes, lid on. Stir every 4 to 5 minutes until thick and creamy.
- 🍴 2½ cups



Kamut® berries*

- ☞ Soak in water 8 hours or overnight in the refrigerator. Drain before cooking. Boil 8 cups liquid, then add Kamut and return to a boil.
- 🕒 Boil 45 to 60 minutes, lid off.
- 🍴 2½ to 3 cups. This grain freezes well.

*For creamier grain, stir in more water as needed and cook longer.

For each whole grain listed, find full recipes and tips at www.foodhero.org/recipes/whole-grains

More whole grains →



Cook Whole Grains on the Stovetop



Millet

- Boil 2 cups liquid, then add millet and return to a boil.
- Simmer on low heat 20 minutes, lid on.
- 3 cups



Oats, rolled (old fashioned)*

- Boil 2 cups liquid, then add oats.
- Simmer on low heat 10 minutes, lid off.
- 2 cups



Oats, steel cut*

- Boil 3 cups liquid, then add oats.
- Simmer on low heat 15 to 20 minutes, lid off. Stir a few times. Turn off heat and let stand 2 minutes.
- 3 cups



Quinoa

- Boil 2 cups liquid, then add quinoa and return to a boil.
- Simmer on low heat 12 minutes, lid on. Turn off heat and let stand until water absorbs, 5 to 10 minutes.
- 3 cups



Rice, brown

- Boil 2 1/4 cups liquid, then add rice.
- Simmer on low heat 35 to 40 minutes, lid on. Turn off heat and let stand 5 to 10 minutes with lid on.
- 3 cups. This grain freezes well.



Sorghum

- Boil 8 cups liquid, then add sorghum and return to boil.
- Boil 50 to 60 minutes, lid off.
- 3 cups

*For creamier grain, stir in more water as needed and cook longer.



Teff

- Boil 1 1/2 cups liquid, then add teff and return to boil.
- Simmer on low heat 8 to 10 minutes, lid on. Turn off heat, fluff grains with a fork, cover and let stand 5 minutes.
- 2 1/2 cups

Whole-Grain Cooking Tips

- Keep dry whole grains fresh. Store them in an airtight, dark, cool location (such as in a cupboard) for up to 6 months. Or freeze for up to 1 year.
- If grains stick to the bottom of the pot while cooking, turn off the heat, add a small amount of water, cover and let sit until the water is absorbed. This should loosen the grains.
- Cook grains in large batches to use in recipes later.
 1. To freeze for later: Lay cooled grains out on a flat pan and freeze.
 2. Once frozen, place grains in a labeled freezer container.
 3. To reheat, add a small amount of water to the grains.

Find whole-grain recipes at www.foodhero.org/recipes/whole-grains

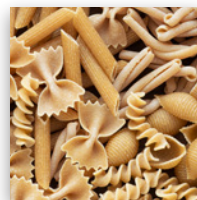
These grains cook a different way.



Whole-wheat couscous

- 2 cups
- 10 minutes (heat off)
- 3 cups. This grain freezes well.

To cook, bring water to a boil. Add couscous and stir. Cover with lid and remove from heat. Once all water is absorbed, remove lid and fluff with a fork.



Whole-wheat pasta

- 6 cups
- 8 to 12 minutes
- Varies. This grain freezes well.

To cook, bring water to a boil. Add pasta. Boil until tender, or slightly undercooked. Drain off liquid.