



In the Kitchen

with Barb Agee!

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The Versatility of Grains

Whole grains like barley, buckwheat and wheat berries can add a healthy variety to your meals. Some of these grains were cultivated in ancient times in the Middle East, by the Aztecs in Mexico and in the highlands of Peru. Now grains such as Amaranth, millet, quinoa, farro and kamat are finding their way into our diets today. The versatility of whole grains lends itself to your family favorites whether that is Quinoa Pancakes for breakfast, a Wheat Berry Chinese Roll for lunch, or Quinoa Cakes with Ham, Onion and Chard for dinner.

Autumn Couscous Bowl

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| One 2 pound butternut squash, peeled and chopped | 1 tablespoon fresh squeezed lime juice |
| 3 cups (1 small head) small cauliflower florets | 2 teaspoons lime zest |
| 4 tablespoons olive oil, divided | 6 tablespoons butter |
| 1 teaspoon chili powder | ½ cup Sweet Asian Chili Sauce |
| 1 teaspoon cumin | Salt and pepper, to taste |
| 1¼ cups couscous | 1 cup baby spinach leaves, finely sliced |
| ½ cup coarsely chopped nuts, such as pistachios, pecans, hazelnuts or walnuts | |

Preheat oven to 425°F. In a large bowl add squash and cauliflower. Mix 2 tablespoons of olive oil, chili powder and cumin in a small bowl. Drizzle over squash and cauliflower; toss mixture to coat evenly. Transfer to a 15x10x1-inch baking pan. Roast for 15 minutes or until tender and slightly brown, stirring once.

While squash is roasting, prepare couscous. In a sauce pan, bring 1½ cups water (may use vegetable or chicken stock) to a boil, add couscous and stir. Remove pan from the heat and cover for at least 5 minutes.

Mix 2 tablespoons olive oil, lime juice and lime zest in a small bowl. When ready to serve, drizzle oil and lime mixture over couscous; fluff with a fork.

In a microwave safe bowl, melt butter and Sweet Asian Chili Sauce until butter is just melted.

To serve, divide couscous into 6 bowls. Top each bowl with vegetables, then spinach leaves and nuts. Pour butter Sweet Asian Sauce over couscous and vegetables. 6 servings



Farro Tomato Arugula Salad

1 cup farro
6 tablespoons olive oil
3 tablespoons red wine vinegar
1 teaspoon sugar
1 teaspoon tomato paste
1 teaspoon Kosher salt
1 teaspoon fresh ground pepper
1 cup fresh basil leaves, divided
One 5 ounce container baby arugula
1 small red onion, halved, thinly sliced
1 pint cherry tomatoes, halved
6 ounces mozzarella cheese, cubed

Finely slice one half of the basil leaves and place in a small bowl. Add olive oil to bowl and let set while preparing remainder of salad.

In a pot of boiling water, cook farro until just tender to the bite, 16 to 20 minutes. Drain in colander, rinse under cold water.

In a large salad bowl combine arugula, tomatoes, onion, mozzarella cheese, remaining basil leaves (torn in halves) and farro.

Mix red wine vinegar, tomato paste, sugar and salt and pepper together. Strain olive oil and whisk into red wine vinegar mixture. Drizzle salad dressing over salad and gently toss.

Makes four dinner size servings

Wheat Berry Chinese Rolls

1 cup wheat berries, cooked
1 cup celery, finely sliced
½ cup radishes, shredded
½ cup green onions, finely chopped
1 cup carrots, shredded
½ cup red bell pepper, diced
3 tablespoons sesame oil
1½ tablespoons soy sauce
1 teaspoon rice vinegar
1 teaspoon fresh ginger, grated
1 clove garlic, finely chopped
½ teaspoon salt and pepper
Large lettuce leaves

Mix sesame oil, soy sauce, rice vinegar, grated ginger, chopped garlic, salt and pepper together in a small bowl. In a large bowl, toss together cooked and cooled wheat berries, celery, green onions, carrots and red bell pepper. Pour dressing mixture over wheat berry mixture and toss to combine thoroughly. Place large spoonfuls onto lettuce leaves and roll lettuce leaf up.

Quinoa Cakes

1 cup quinoa, cooked
¾ cup all-purpose flour
2 teaspoons baking powder
½ teaspoon coarse salt
1 large egg, plus 1 large egg white
1 tablespoon unsalted butter, melted
Butter for skillet
¼ cup low-fat milk
2 tablespoons pure maple syrup
Toppings such as fresh fruit, fruit preserves or maple syrup

In a medium bowl, whisk together quinoa, flour, baking powder, and salt. In another medium bowl, whisk together egg, egg white, butter, milk, and syrup until smooth. Add egg mixture to flour mixture and whisk to combine.

Lightly coat a large skillet or griddle with butter and heat over medium-high. Drop batter by heaping tablespoonfuls into skillet. Cook until bubbles appear on top, 2 minutes. Flip cakes and cook until golden brown on underside, 2 minutes. Wipe skillet clean and repeat process. Serve warm with toppings. *Makes about 12*