

Healthy Whole Grains Recipes (Quinoa, Bulgur, Barley, Buckwheat, Millet)

Quinoa Chili Total: Prep: 10 mins + Cook: 35 mins

Yield: 6 servings; Per serving: Calories: 337; Total Fat: 6 g; Protein: 15 g; Carb: 61 g; Fiber: 13 g; Sugar: 8 g; Sodium: 45 mg (without added salt); Cholest: 0 mg

Ingredients

- 1c. quinoa
- 1 Tbsp. olive oil
- 3 cloves garlic, minced
- 1 onion, diced
- 2 (14.5oz) diced tomatoes
- 1 (15oz) can tomato sauce (no salt added)
- 1 (4.5oz) diced green chiles
- 1 1/2 Tbsp. chili powder, to taste
- 2 tsp. ground cumin
- 1 1/2 tsp. paprika
- 1/2 tsp. cayenne pepper
- 1 (15oz) can kidney beans and 1 (15oz) can black beans (no salt), drained and rinsed
- 1 1/2c corn kernels, no salt
- 3 Tbsp. chopped fresh cilantro leaves
- Juice of 1 lime, optional
- 1 avocado, halved, seeded, peeled and diced (optional)
- Kosher salt and ground pepper, to taste



Instructions

1. In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.
2. Heat olive oil in a Dutch oven or large pot over medium high heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes.
3. Stir in quinoa, diced tomatoes, tomato sauce, green chiles, chili powder, cumin, paprika, cayenne pepper and 1-2 cups water, making sure to cover most of the ingredients; season with salt and pepper, to taste.
4. Reduce heat to low; simmer, covered, until thickened, about 30 minutes. Stir in beans, corn, cilantro and lime juice.
5. Serve immediately with avocado, if desired.

Recipe courtesy of [Cooking Classy](#)

Herbed Bulgur-Lentil Pilaf Total Time: Prep: 30 min + Cook: 1 hr

Yield: 4 servings; size: 1 cup

Per Serving: Calories: 300; Total Fat: 8 g; Protein: 15 g; Carb: 47 g; Fiber: 11 g;

Sugar: 3 g; Sodium: 370 mg; Cholest: 0 mg

Ingredients

- 1/2 cup green lentils
- 1 cup bulgur
- 4 cups low-sodium chicken broth
- 1 Tbsp. plus 2 teaspoons olive oil
- 1 small red onion, finely diced (1 cup)
- 1 yellow pepper, seeded and finely diced
- 3 Tbsp. chopped fresh flat-leaf parsley
- 2 Tbsp. chopped fresh basil leaves
- 2 Tbsp. chopped fresh chives
- 1 tsp. lemon zest
- 1 tsp. lemon juice
- 1/2 tsp. salt
- 1/4 tsp. pepper



Directions

1. Place lentils and 2 cups broth in a small saucepan and bring to a boil. Boil 5 minutes, reduce to a simmer and cook until lentils are tender. Drain any remaining liquid. While lentils are cooking, place bulgur and remaining 2 cups chicken broth in another small saucepan and bring to a boil. Reduce heat and simmer until most liquid is dissolved and bulgur is tender. Remove from heat and fluff with a fork. Add the bulgur to the lentils.
2. Heat 2 tsp. of the oil in a skillet over medium heat. Add onions and cook, stirring, until tender. Add peppers and cook until peppers are tender. Add the onion mixture to bulgur-lentil mixture. Stir in parsley, basil, chives, lemon zest, lemon juice remaining 1 tbsp. olive oil, salt and pepper and toss to incorporate.

Recipe courtesy of [Ellie Krieger, Foodnetwork.com](#).

Veggie Barley Salad Recipe Total: Prep: 45 min. + chilling

Yield: 6 servings; Size: 3/4c

Per serving: Calories: 211; Total Fat: 10 g; Protein: 6 g; Carb: 27 g; Fiber: 7 g; Sodium: 334 mg; Cholest: 0 mg

Ingredients

- 1/4 cups low-sodium chicken *or* vegetable broth
- 3/4 cup water
- 1 cup hulled barley
- 1 medium tomato, seeded and chopped
- 1 small zucchini, halved and thinly sliced
- 1 small sweet yellow pepper, chopped
- 2 tbsp. minced fresh parsley

Dressing:

- 3 tbsp. olive oil
- 2 tbsp. white wine vinegar
- 1 tbsp. water
- 1 tbsp. lemon juice
- 1 tbsp. minced fresh basil
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup slivered almonds, toasted



Directions

1. In a small saucepan, bring the broth, water and barley to a boil. Reduce heat; cover and simmer until barley is tender. Remove from the heat; let stand for 5 minutes.
2. In a large bowl, combine the tomato, zucchini, yellow pepper and parsley. Stir in barley. In a small bowl, whisk the oil, vinegar, water, lemon juice, basil, salt and pepper. Pour over barley mixture; toss to coat. Cover and refrigerate for chilling. Just before serving, stir in almonds.

Recipes courtesy of tasteofhome.com.

Pumpkin Buckwheat Porridge Power Bowl Total time: Prep: 5 mins + Cook:10 mins

Servings: 2 bowls *Serving size: 1 bowl without toppings*

Calories: 245 Fat: 3 Carb: 50g Sugar: 10g Fiber: 9g Protein: 7g

Ingredients

- ½ cup soaked/sprouted raw buckwheat groats
- enough unsweetened almond milk to cover the groats (about 1 cup)
- 1 ripe banana, sliced
- ½ cup canned pumpkin
- 1 tsp. vanilla
- ½ tsp. pumpkin pie spice
- sprinkle of extra cinnamon
- chia seeds, dried fruit and nuts for topping, to choose

Instructions

1. Place sprouted (or soaked and rinsed) buckwheat groats in a pot with enough almond milk to cover the groats. Add banana slices and cook over medium heat until the buckwheat has absorbed the liquid and become soft. The timing will differ depending on how long you soaked the groats (around 7-10 mins). If ever the buckwheat is getting dry, at a bit more almond milk.
2. Stir in canned pumpkin, vanilla, pumpkin pie spice and cinnamon. Cook until the texture is to your liking.
3. Divide into two bowls, sprinkle on toppings and enjoy!

Recipe courtesy of Brittany Mullins, eatingbirdfood.com.



Toasted Millet Tabbouleh Total Time: 1 hr

Yield:4 servings

Per Serving: Calories: 220; Fat: 9 g; Protein: 6 g Carb: 31 g; Fiber: 5 g; Sugar: 3 g; Sodium: 390 mg

Ingredients

- 2/3 cup millet
- 2 cups loosely packed parsley leaves, coarsely chopped
- 2 Persian cucumbers, finely chopped (do not peel)
- 1 medium tomato, finely chopped
- 4 radishes, finely chopped
- 3 scallions, white and green parts, finely chopped
- 3 tbsp. fresh lemon juice
- 2 tbsp. extra-virgin olive oil
- Kosher salt and freshly ground black pepper

Directions

1. Put the millet in a medium saucepan over medium heat and swirl until lightly golden and toasted, 6 to 8 minutes. Pour in 1 1/2 cups of water and bring to a boil. Reduce heat to medium low, cover and simmer until most of the water is absorbed and the millet is tender, about 15 minutes. Remove from the heat and let sit, covered, for 10 minutes. Fluff with a fork and cool.
2. Combine the cooled millet, parsley, cucumbers, tomato, radishes, scallions, lemon juice, oil, 3/4 tsp. salt and a few grinds of pepper in a medium bowl. Serve at room temperature or chilled.

Recipes courtesy of foodnetwork.com

