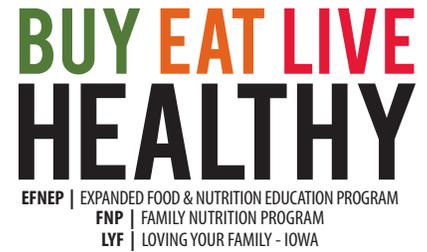


# MAKE HALF YOUR GRAINS WHOLE



## PASTA SALAD

Yield: 6 servings, 1 cup

### INGREDIENTS

- 4 cups cooked pasta
- 1 cucumber, chopped
- 1 tomato, chopped
- ½ green pepper, chopped
- ½ red onion, chopped
- ⅓ cup reduced-fat Italian salad dressing

### INSTRUCTIONS

1. Wash and chop all of the vegetables.
2. Combine all ingredients and mix well.
3. Cover and refrigerate.
4. Toss before serving.

### TIPS

- Use any shape of pasta you would like.
- Try adding frozen or leftover vegetables.
- Start with about 2 cups uncooked pasta to get 4 cups cooked.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 190	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
<b>Protein</b> 6g	
Vitamin A 6%	Vitamin C 20%
Calcium 2%	Iron 8%

## RICE & RED BEANS

Yield: 8 servings, ½ cup rice, ½ cup beans

### INGREDIENTS

- ½ tablespoon vegetable oil
- 1 medium onion, chopped
- ¼ teaspoon garlic powder
- 2 medium tomatoes, finely diced
- 1 medium green pepper, chopped (about 1 cup)
- 2 medium stalks celery, sliced (about 1 cup)
- ½ teaspoon dried oregano
- 1 (15-ounce) can red beans, rinsed and drained
- 4 cups cooked instant brown rice

### INSTRUCTIONS

1. Place oil in large skillet and heat. Add onion and sauté until soft.
2. Add garlic, tomatoes, green pepper, celery, and oregano.
3. Cover and simmer for 5 minutes or until vegetables are crisp-tender.
4. Add beans and simmer, stirring occasionally, until heated through. Add a small amount of salt and pepper if desired.
5. While the vegetables and beans are simmering, cook rice according to package directions.
6. Spoon the vegetable and bean mixture over rice.
7. Refrigerate leftovers.

### TIPS

- If fresh tomatoes are not available, use a 15-ounce can of diced tomatoes with the liquid drained off.
- This recipe can be used as a main dish, side dish, or as a filling for tortillas.
- 2 cups uncooked rice when cooked will give about 4 cups cooked rice.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 240	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 46g	<b>15%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 3g	
<b>Protein</b> 7g	
Vitamin A 8%	Vitamin C 30%
Calcium 2%	Iron 6%

## IOWA STATE UNIVERSITY Extension and Outreach

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP-Ed, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach.

The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services or go to [www.dhs.state.ia.us](http://www.dhs.state.ia.us).

... and justice for all

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# MAKE HALF YOUR GRAINS WHOLE

**BUY EAT LIVE**  
**HEALTHY**  
EFNEP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM  
FNP | FAMILY NUTRITION PROGRAM  
LYF | LOVING YOUR FAMILY - IOWA

We usually eat enough foods from the grains group like bread, cereal, rice, and pasta. My family needs to eat 6 ounces of grains each day. Three of those ounces should be whole-grain. My measuring cups help me serve the right amount.

## Tips on buying grains:

- At least half (3 ounces for my family) should be whole grains. This was new to me. I thought if the bread was brown, it was whole-grain. That is not always true. I learned to look on the label for the words 100% whole grain, or 100% whole wheat. If you see any of these words listed first on the label, it contains whole-grain.
- You can save money by shopping for grains at day-old bread stores. Ask your nutrition educator if there is one in your area that accepts Food Assistance.

## Tips on serving grains:

- Some whole grains that my family likes are whole-wheat breads and cereals, oatmeal, popcorn, brown rice, and whole-wheat or whole-grain corn tortillas.
- I put grains in many of the recipes I fix.

Modified May 2012 from "The Healthy Family Guidebook." United States Department of Agriculture, Food and Nutrition Service, January 2007.



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