
KITCHEN HACKS

Quick-cooking whole grains for busy nights

Whole Grain Presentation Tip:

Your dishes will always look fancier if you place cooked grains in a mold and then arrange them on your plate instead of spooning them out to fall all over the place.

To arrange your grains with a mold, scoop them into a wet biscuit cutter, ramekin, or ½ cup measuring cup, then invert the mold onto the plate. The grains will slide right out. (You can also use nonstick spray instead of water).

Whole Grains and Your Health:

According to MyPlate, “Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.”

Speedy Grains:

Since whole grains often take longer to cook than refined grains, it can be tough to incorporate them into meals on busy nights. Luckily, there are some fast-cooking options that are great to keep on hand for a speedy dinner side. Like **converted brown rice**, which cooks much more quickly than traditional brown rice. Also known as parboiled brown rice, converted brown rice has been soaked and steamed before being packaged, which dramatically reduces its cooking time. **Quinoa** also cooks much more quickly than most other whole grains, and its nutrient profile can't be beat. Rich in protein, fiber, and B vitamins, quinoa is a fantastic whole grain choice that makes the perfect side dish or base for grain salads.

