

Grains

Choosing to eat at least half of your grain (bread, past, rice and cereal) servings everyday as whole grain foods is simply and easy. Three recipes follow - cookies, dinner and a salad - that you can make in a snap. Take a small step towards youyr health goals by making one of these recipes today.

Oatmeal Raisin Cookies 4 1/2 dozen

- 3/4 cup firmly packed brown sugar
- 1/4 cup Blackstrap molasses
- 1 egg
- 4 Tablespoons trans fat free vegetable shortening
- 4 Tablespoons Prune puree (babyfood)
- 1 teaspoon vanilla
- 1 3/4 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1teaspoon cinnamon
- 3 cup Oats (quick or old fashioned, uncooked)
- 1 cup raisins



Notes

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Preheat oven to 375°F

1. Beat together shortening and sugar until light and fluffy.
2. Beat in egg and vanilla.
3. In a separate large bowl, combine flour, baking soda, salt and cinnamon;
4. Mix together sugar and flour mixtures, mixing well.
5. Stir in oats and raisins.
6. Drop cookies by rounded tablespoonfuls onto un-greased cookie sheet.
7. Bake 8 to 9 minutes for a chewy cookie, 10 to 11 minutes for a crisp cookie.
8. Cool 1 minute on cookie sheet; remove to wire cooling rack. Store in tightly covered container.

Mac & Cheese 8 servings

1 pound of whole grain macaroni or other pasta, cooked and drained.

1 can of low sodium "cream of" soup (celery, mushroom, chicken. Ect)

1 cup skim milk

1-2 pounds of cheese (low fat, singles or slices)

1 16-oz bag frozen broccoli defrosted and drained.

Mrs. Dash

Pepper

Pan spray

1. In a large pot, boil water and cook macaroni according to package directions.
2. Preheat oven to 375°F.
3. Prepare casserole dish with a light coating of vegetable oil spray.
4. In a large bowl, whisk together soup and milk until smooth.
5. Chop or shred cheese and add to bowl, reserving about 8 slices for the top of the casserole.
6. Mix together the drained pasta, soup, cheese and broccoli and transfer into the casserole dish.
7. Top with cheese slices and bake until steaming hot and cheese is all melted and golden.
8. Serve as a main dish with green salad and cut fresh fruit. Serve as a side dish (serves 16) with lean roasted chicken and greens.

Quinoa Salad 10 servings

3 cups Whole grain Quinoa

6 cups water

$\frac{1}{2}$ cup olive oil

$\frac{1}{2}$ cup lemon juice

$\frac{1}{2}$ cup tomato juice (or a 6 oz can)

3 cups chopped vegetables :

fresh: bell pepper, cucumber, parsley and tomato

or

frozen: peas & carrots, corn and lime beans

Mrs. Dash

Pepper

1. Combine the quinoa and water in a pot with a tight fitting lid over high heat and boil.
2. As soon as the water boils, reduce the heat to a minimum flame and simmer 15 minutes.
3. Turn off the heat and allow to sit an additional 15 minutes.
4. Mix the cooked quinoa with the remaining ingredients, stir well and chill.
5. Serve on a bed of lettuce or as a summer side dish.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu