**The Goodness of Whole Grains!**

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**What are the benefits of choosing whole grains?**

* Whole grains contain more fiber. Fiber helps with digestion, constipation, and staying full longer.
* Whole grains are packed with vitamins and minerals that are good for your health.
* Nutrients found in whole-grains helps to lower your risk for some diseases and health conditions such as high cholesterol, heart disease, and certain cancers.

 

**How do I know what foods are whole grain?**

-Look for the words, “whole grain”, “whole wheat”, or “whole-wheat white” on the ingredient list instead “bleached” or “enriched white flour”.

-“Whole-wheat white” is made with a different kind of grain, giving it a softer texture.

-Enriched grains, for example white flour, are more processed and are missing many nutrients and fiber found in whole grains.

-Oats, wild rice, barley, buckwheat, rye, bulgur, corn, and popcorn are all great sources of whole grains!

**How can I incorporate more whole grains into my day?**

-Choose multigrain crackers & top with peanut butter, tuna, or low-fat cheese.

-Add brown rice or whole barley to soups or stews.

-Incorporate whole wheat pasta into delicious inexpensive lasagna.

-Start your day with oats and low-fat milk topped with dried fruit, nuts, & cinnamon.

-Choose whole grain or whole wheat bread, buns, or wraps for a nutritious sandwich or burger.

-Microwave a bag of low-fat popcorn for a whole grain late night snack!



***Quick and******Delicious*** Whole-Wheat Pasta with Chunky Tomato Sauce and Turkey Meatballs

Yields: 6 servings

1 serving: 1 1/3 cups pasta and sauce, 2 meatballs

Sauce

Starting by filling a large stockpot with water and bring to a boil for pasta.

Sauce:

1. In a saucepan, heat the oil over medium heat.

2. Dice onions and pepper and cook until soft, about 3 minutes.

3. Add the chopped garlic and cook for another minute.

4. Add the can of tomatoes & basil. Bring all the ingredients to a low boil,

lower heat and cook for approximately 15 minutes.

5. Season with salt and pepper, to taste. While sauce is cooking, make meatballs.

Meatballs:

1. Preheat the broiler. Spray a baking sheet with cooking spray.

2. Combine the turkey with all other ingredients in a large bowl.

Form into 2 1/2 -inch balls and place on a baking sheet.

3. Broil for 10 minutes, or until browned and almost entirely cooked through.

4. Add the meatballs to the sauce, cover, & cook additional 10 minutes,

or until sauce has slightly thickened and meatballs have absorbed some of the sauce. While the meatballs are cooking, cook the whole-wheat pasta according to package directions.

5. Drain the pasta and add sauce. Top with 2-3 meatballs and parmesan cheese (optional)

1 Tablespoon olive oil

1 medium onion

½ medium green pepper

2 garlic cloves

1 (28-ounce) can crushed tomatoes

1 tsp dried parsley

1 tsp dried basil

Salt & Pepper to taste

Meatballs

1 pound ground turkey

½ cup bread crumbs

¼ cup Parmesan cheese

1 egg (beaten)

Black pepper to taste

1 box (16 ounces) whole-wheat pasta

(Your choice!)

\*All fresh ingredients can be

purchased with Foodland voucher.