



# Cooking with Cereals and Grains



## Grilled Ham and Cheese with Tomato

2 tablespoons Dijon mustard

1 tablespoon grated fresh Parmesan cheese

8 (1 1/2-ounce) slices whole wheat bread

16 (1/2-ounce) slices 33%-less- sodium ham

8 (1/8-inch-thick) slices tomato (about 1 medium)

8 (1/2-ounce) slices reduced-fat Swiss cheese (can also use cheddar or mozzarella)

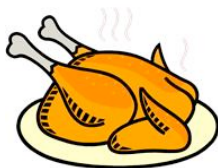
Cooking Spray

1. Spread 2 teaspoons mustard over each bread slice. Top each of the 4 bread slices with 4 ham slices, 2 tomato slices, 2 cheese slices. Top with the remaining bread slices. Lightly coat outside of bread with cooking spray.
2. Heat a large nonstick skillet over medium heat. Add 2 sandwiches to pan. Place a cast-iron or heavy skillet on top of sandwiches; press gently to flatten. Cook 3 minutes on each side or until cheese melts and bread is toasted (leave cast-iron skillet on sandwiches while they cook). Repeat with the remaining sandwiches.



## Cheesy Chicken, Broccoli and Rice Bake

- 5 cups water
- 2 1/2 cups rice
- 1/4 cup chopped onion
- 1 clove garlic, chopped
- 1 cup skim milk
- 1 10.75-can condensed 98% fat-free cream of mushroom soup
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups shredded, cooked chicken
- 2 cups broccoli pieces
- 3/4 cup grated cheddar cheese



1. Preheat oven to 350° F.
2. In large saucepan bring water to boil.
3. Add rice, onion, and garlic; cook for about 20 minutes or until rice is soft.
4. While rice is cooking combine milk, soup, salt, and pepper, mix well.
5. When rice is done combine with milk mixture, chicken and broccoli, mix well.
6. Grease 9 x 13 pan and pour mixture into pan.
7. Bake in the preheated oven for 18 minutes.
8. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted.
9. Serve immediately

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# Breakfast



## Spanish Rice

- 1 cup low sodium chicken stock
- 1 cup instant brown rice
- 1 (1.25 ounce) packet taco seasoning
- 1/3 cup salsa
- 1/3 cup corn kernels (if canned, drain and rinse)
- 1/3 cup black beans (if canned, drain and rinse)
  1. Boil the stock & seasonings in a medium pot.
  2. Add the rice, salsa, corn and beans.
  3. Turn heat to low and cover pot.
  4. Cook on low, undisturbed, for 10 minutes.
  5. After 10 minutes, toss the rice a bit, and serve!
  6. Refrigerate leftovers within 2-3 hours.

## Cheesy Grits

- 1 quart milk
  - 1/2 cup butter
  - 1 cup uncooked grits
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 1 cup shredded Cheddar cheese
  - 1/3 cup butter
  - 1/2 cup grated Parmesan cheese
1. Preheat oven to 350 degrees F. Lightly grease a medium baking dish.
  2. Bring the milk to a boil in a pot over medium heat. Melt 1/2 cup butter in the milk. Gradually mix in the grits, cook 5 minutes, stirring constantly. Remove from heat, and season with salt and pepper. Beat with a whisk. Mix in the Cheddar cheese and 1/3 cup butter. Transfer to the prepared baking dish, and sprinkle with Parmesan cheese.
  3. Bake 1 hour in the preheated oven, until firm.

## Tasty Hamburger Skillet

2 cups water  
1 cup rice  
1 lb lean ground beef  
1/2 cup chopped onion  
1/3 cup green pepper, chopped  
1 teaspoon garlic powder  
1 tablespoon chili powder  
1 1/2 cups canned diced tomatoes, with juice  
3/4 cup canned whole kernel corn, drained  
3/4 cup canned red kidney beans, drained  
1/2 cup grated cheddar cheese

1. Put water in a pan and bring to a boil.
2. Add rice and keep on medium heat, covered, stirring occasionally until rice is fully cooked. Set aside.
3. In a large frying pan add hamburger, onion and green pepper. Cook until hamburger is no longer pink.
4. Drain excess fat and return hamburger to pan.
5. Add garlic powder, chili powder, tomatoes with juice, corn and beans.
6. Cook for 5 minutes or until heated throughout.
7. Remove from stove top, sprinkle with grated cheese and serve hot.

## Yogurt Parfait

2 cups fruit (fresh, frozen, or canned), such as bananas, strawberries, peaches  
24 oz low-fat vanilla yogurt  
2 cups low-fat granola (Such as 'Skillet Granola')

1. Peel and/or chop fruit
2. Place half of the fruit on the bottom of four cups or bowls.
3. Spoon half of the yogurt on top of fruit in each cup or bowl.
4. Sprinkle with 1/2 cup granola.
5. Repeat layers.
6. Refrigerate leftovers within 2-3 hours.

## Skillet Granola

### Ingredients:

1/3 cup vegetable oil  
3 tablespoons honey  
1/4 cup powdered milk  
1 teaspoon vanilla  
4 cups uncooked, old-fashioned oats  
1/2 cup sunflower seeds  
1 cup raisins



1. Warm oil and honey in a skillet for one minute over medium heat. Add powdered milk and vanilla.
2. Stir in oats and mix until coated with oil and honey mixture. Cook over medium heat. Stir until oatmeal is slightly brown.
3. Take off heat. Stir in raisins.
4. Cool mixture. Store in an airtight container

## Morning Muffins

Non-stick cooking spray  
1 egg  
1 cup low-fat milk (1%)  
1/3 cup sugar  
2 tablespoons vegetable oil  
1/2 cup grated carrots  
1/2 cup raisins  
1/2 cup toasted walnuts (optional)  
1 teaspoon vanilla (optional)  
1 1/2 cup flour  
1 cup old-fashioned oatmeal  
1 teaspoon cinnamon (optional)  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt



1. Heat oven to 400 degrees.
2. Coat muffin tin with non-stick cooking spray.
3. Mix egg, milk, sugar, oil, carrots, raisins, walnuts, and vanilla.
4. Mix flour, oatmeal, cinnamon, baking powder, baking soda, and salt.
5. Add wet ingredients to dry ingredients and stir gently until flour is just moistened. Gently fill muffin cups about 3/4 full.
6. Bake for 15 minutes or until edges start to brown.

## Enchilada Casserole

- 1 (15 ounce) can black beans, rinsed and drained
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 (4 ounce) can diced green chile peppers
- 6 (6 inch) corn tortillas
- 1 (19 ounce) can enchilada sauce
- 1 (6 ounce) can sliced black olives
- 8 ounces shredded Cheddar cheese



1. Preheat oven to 350 degrees (175 degrees C). Lightly oil a 9x13 inch baking dish.
2. In a medium bowl, combine the beans, garlic, onion, and chile peppers. Pour enchilada sauce into a shallow bowl.
3. Dip three tortillas in the enchilada sauce, and place them in the prepared baking dish. Be sure to cover the bottom of the dish as completely as possible. Place 1/2 of the bean mixture on top of the tortillas, and repeat. Drizzle the remaining sauce over the casserole, and sprinkle with olives and shredded cheese.
4. Cover, and bake for 30 minutes. Uncover, and continue baking for an additional 15 minutes, or until the casserole is bubbling and the cheese is melted.

## Mexican Vegetable and Beef Skillet Meal

- 1/2 pound lean ground beef
- 3/4 cup onion, chopped
- 1/2 cup bell pepper
- 1 cup rice, uncooked
- 1 cup tomatoes, chopped (about 2 medium)
- 1 cup fresh, frozen, or canned mixed vegetables, chopped
- 1-2 tablespoons chili powder
- 1 tablespoon oregano
- 1 teaspoon salt
- 1/2 cup (2 ounces) shredded cheese
- 2 cups water

1. Brown beef in a large skillet over medium-high heat. Drain fat.
2. Add onion and peppers and cook, stirring, 10 minutes until vegetables are soft.
3. Add rice, tomato, mixed vegetables, water, and spices. Mix and bring to a boil.
4. Reduce heat to medium low, cover and simmer for 20 minutes. Add more water if needed.
5. Sprinkle with cheese and serve.
6. Refrigerate leftovers within 2-3 hours.



## Whole-Wheat French Toast

- 5 pieces whole wheat bread
- 4 eggs
- 1/3 cup milk
- 1 teaspoon vanilla
- Unsalted Butter for cooking
- 100% pure maple syrup for serving

1. Place sauté pan on the stove over medium heat.
2. Whisk together the eggs, milk, and vanilla in a shallow dish.
3. One-by-one dip the bread into the egg mixture until it is evenly coated on both sides. Let the excess run off before placing in pan.
4. Melt a teaspoon or two of butter in your pan then add the first batch of battered bread. Flip the bread so both sides cook evenly to a golden brown, and bread is cooked through.
5. Serve warm with pure maple syrup and a side of fruit.

## Hearty Banana Oat Flapjacks

- 2 large ripe bananas, peeled and sliced
- 1 tablespoon granulated sugar
- 1 cup all-purpose flour
- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 tablespoon baking powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt (optional)
- 1 cup fat-free milk
- 1 egg, lightly beaten
- 2 tablespoons vegetable oil
- Pancake syrup, warmed
- Banana slices (optional)
- Coarsely chopped walnuts or pecans (optional)



1. In medium bowl, combine banana slices and sugar; stir to coat slices with sugar. Set aside.
2. In large bowl, combine flour, oats, baking powder, cinnamon and salt; mix well.
3. In medium bowl, combine milk, egg and oil; blend well. Add to dry ingredients all at once; mix just until dry ingredients are moistened. (Do not over mix.)
4. Heat pan over medium-high heat. Lightly grease pan. For each pancake, pour scant 1/4 cup batter onto hot pan. Top with four or five banana slices. Turn pancakes when tops are covered with bubbles and edges look cooked.
5. Serve with warm syrup and, if desired, additional banana slices and nuts.

# Entrees and Sides:



## Lentil Rice Soup

- 2 tablespoons canola or olive oil
- 2 tablespoons margarine
- 1 medium onion, chopped
- 1 cup lentils
- 1 1/2 teaspoons salt
- 1/2 cup brown rice
- 1 6-ounce can tomato paste
- 1 16-ounce can stewed tomatoes
- 3 cups water
- 1 bay leaf

Sauté onions in oil and margarine until golden. Add remaining ingredients and simmer until tender, about 1 1/2 hours. Add more water for desired consistency.



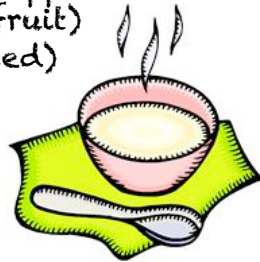
## Grits Breakfast Casserole

- 3 cups water
- 1/2 tsp salt
- 1 cup Quaker® Quick Grits
- 1 cup milk
- 2 tablespoons butter or margarine
- 6 eggs
- 1 tsp dry mustard
- 1/4 tsp ground black pepper
- 2 cups (8 ounces) shredded cheese, divided
- chopped green onions (optional)
- frozen chopped spinach, thawed and drained (optional)

1. Preheat oven to 350F. Bring water and salt to a boil in large saucepan. Slowly stir in grits; return to a boil.
2. Reduce heat to medium-low and cook 4-5 minutes or until thickened, stirring occasionally. Remove from heat; add milk and butter, stirring until butter is melted.
3. Combine eggs, spinach, dry mustard and pepper in medium bowl using a wire whisk. Stir about 1 cup of the hot grits into the eggs, then stir mixture back into the remaining grits.
4. Stir in 1 1/2 cups cheese. Pour into a greased 13 x 9-inch baking dish. Bake 45-50 minutes or until a knife inserted in center comes out clean. Sprinkle with remaining cheese and chopped green onions if desired; let stand 10 minutes. Cut into 8 squares and serve.

## Baked Oatmeal

- 1 1/2 cups old fashioned oats
- 2 tablespoons unsalted butter
- 1 1/2 cups milk
- 2 tablespoons light brown sugar or 2 tablespoons dark brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 3/4-1 cup chopped dried apple (or dried apricots, or dried mixed fruit)
- 1 cup milk (warm or chilled)
- ground cinnamon



1. Preheat oven to 350°; butter a medium baking dish.
2. Add the oats and butter to a heatproof mixing bowl.
3. Pour 1 1/2 cups boiling water over them and let stand 5 minutes.
4. Stir in the milk, brown sugar, cinnamon, and salt.
5. When well mixed, stir in the apples.
6. Spoon mixture into the prepared dish.
7. Cover and bake for 35 minutes, then uncover and continue to cook for 5-10 minutes, until thick and bubbly.
8. Spoon into bowls (it will be stickier than boiled oatmeal) and serve hot with milk drizzled around the cereal and a dusting of cinnamon.

## Carrot and Fennel Soup

- 3 tablespoons extra virgin olive oil
- 2 medium fennel bulbs, trimmed fronds reserved, thinly sliced
- 2 1/4 pounds carrots, thickly sliced
- 2 large cloves garlic, thinly sliced
- 10 cups good-tasting vegetable broth, chicken broth or water
- salt to taste
- 3 cups / 12 oz cooked wild rice
- 5 tablespoons fresh orange juice
- Grated Parmesan cheese



1. Heat the olive oil in your largest soup pot over medium-high heat. Add the fennel and cook for 3-4 minutes, until softened a bit. Stir in the carrots and cook another 10 minutes, just long enough for them to soften a touch and start taking on a bit of color. Stir in the garlic and cook another 30 seconds.
2. Stir in the broth. Bring to a simmer and simmer, covered, until the carrots are very tender, another 15-20 minutes or so. Stir in the wild rice, bring back to a simmer, taste and add more salt if needed.
3. Remove from heat and stir in the olive oil and orange juice. Taste and add more if needed. Serve dusted, generously, with freshly grated Parmesan.

## Peanutty African Stew

1 cup instant brown rice  
2 cups chicken broth, reduced sodium  
1 teaspoon dehydrated minced onion  
1/2 teaspoon garlic  
1/2 teaspoon ginger  
1/8 teaspoon red pepper (optional)  
2 cups medium diced peeled sweet potato or yam  
1 can (14.5 ounces) diced tomatoes with liquid  
1/2 teaspoon salt  
1/2 cup creamy peanut butter, reduced-fat  
1 1/4 cups fat free milk  
3 cups (3 ounces) baby spinach leaves, coarsely chopped  
1/4 cup chopped roasted peanuts  
Green onion, thinly sliced, for garnish (optional)

1. Combine first 9 ingredients in a soup pot. Bring to a boil, then turn down to medium low, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to a gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls and top with peanuts and green onion, if desired.

## Breakfast Burrito

- 2 teaspoons canola oil
- 1/2 small red onion, diced (1 cup)
- 1 bell pepper, seeded and diced
- 1 cup drained, rinsed canned black beans, preferably low-sodium
- 1/4 teaspoon chili flakes
- Salt and freshly ground black pepper
- 4 eggs and 4 egg whites
- 1/3 cup (about 1 1/2-ounce) shredded cheese
- Cooking spray
- 4 whole-wheat tortillas
- 1/4 cup reduced-fat sour cream (optional)
- 1/4 cup salsa
- 1 large tomato, seeded and diced
- 1 small avocado, cubed (optional)

1. Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened, about 8 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.
2. In a medium bowl, whisk together the eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes.
3. Spread each tortilla with 1 tablespoon each sour cream and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado. Roll up burrito-style and serve.

# Soups and Salads



## Taco Salad

- 1 pound lean ground turkey or beef
- 1 packet taco seasoning
- 1/4 cup water
- 1 can (15-ounce) black beans, drained and rinsed
- 2 medium Roma tomatoes, chopped
- 1 head green leaf lettuce
- 1/2 cup shredded part-skim mozzarella cheese
- 4 taco shells (recipe follows)
- 1/2 cup salsa (optional)

1. In a large skillet, brown the turkey or beef over medium heat, stirring occasionally until done. Add the taco seasoning and water, stir to combine. Add the beans and continue to cook until warmed through.
2. To assemble the salad, toss together the lettuce, cheese and tomatoes. Top with meat mixture, salsa.



### **Tortilla taco shells**

- 4 Whole Wheat Flour tortillas (taco size).
- 1 can cooking spray

1. Lightly spray both sides of tortilla with cooking spray
2. Push a tortilla down into an oven safe bowl.
3. Bake in oven at 450° for about 5-7 minutes, until tortilla is rigid and lightly browned.
4. Remove the tortilla from the oven, let cool.

## Brown Rice with Cranberries

- 2 cups water
- 1 cup brown rice
- 1/4 cup diced red onion
- 1/2 cup diced celery
- 1/4 cup dried cranberries
- 1/2 cup balsamic vinaigrette salad dressing
- 1 tablespoon sugar

1. In a saucepan, bring water to a boil. Stir in rice, cover, and reduce heat to low. Simmer for 45 to 60 minutes, or until done.
2. Transfer rice to a serving bowl, and stir in onion, celery, cranberries, salad dressing and sugar. Cover, refrigerate, and serve cold.



## Apple and Rice Salad

- 2 cups cooked brown rice
- 1/4 cup chopped celery
- 1/4 cup shredded carrot
- 1 apple, chopped
- 3 tablespoons raisins
- 2 tablespoons chopped almonds
- 1/2 cup low-fat plain yogurt
- 2 teaspoons orange juice
- 2 teaspoons sugar

1. Combine rice, celery, apple, raisins, and almonds in a medium bowl and mix well.
2. Combine yogurt, orange juice, and sugar and stir until sugar dissolves.
3. Pour the yogurt mixture over the rice mixture, and toss.
4. Serve well chilled.
5. Refrigerate leftovers within 2-3 hours.