



# whole grains

Whole grains contain fiber, vitamins, minerals, and antioxidants. They may reduce the risk of some diseases – and can help us maintain a healthy weight!

Whole grains are a pantry staple! They also play an important role in keeping our bodies healthy, helping us feel full longer, and are a great addition for quick and healthy meals. The fiber in whole grains also is like a broom that sweeps through our bodies and cleans out the “bad stuff.”

Looking for ways to put the whole grains in your pantry to good use?

Use the chart below to whip up a batch of grains. Flavor cooked grains with your favorite spices & herbs and top with any proteins & veggies you have on hand for a quick and healthy meal!

Use 1 cup of dry...	Use this much water	Bring to a boil and simmer for this long	Makes...
Whole Barley	3 cups	1 ½ hours	4 cups
Brown Rice	2 cups	45 minutes	3 cups
Quick Oats	2 cups	5 minutes	1 ¾ cups
Whole Wheat Pasta	4 cups	7-10 minutes	2 ½ cups
Quinoa (rinse well)	2 cups	15 minutes	4 cups
Wild Rice	3 cups	45-60 minutes	2 cups



# spice it up

Have you ever bought fresh herbs only to watch them turn brown in your fridge? Or passed over a recipe because the spices listed were just too pricey? Never again! These tips make herbs and spices work for your budget and your life.

## MAKE HERBS AND SPICES LAST LONGER:

- Fresh: Wrap the stems in damp paper towels. Store them in a plastic bag in the produce bin of your refrigerator. They will last about 1 week.
- Dried: Store in airtight containers away from heat (e.g., not above your stove), moisture, and direct sunlight. They will last about 1 year.

## MAKE YOUR OWN SPICE MIXES:

- Making your own helps you limit sodium and other preservatives added to pre-made mixes. Try our Homemade Spice Mixes below!

## USE THEM AT THE RIGHT TIME:

- Fresh herbs add great flavor to uncooked dishes, like salads or cold pastas. If using them in a cooked dish, add in the last few minutes so flavor stays vibrant (unless the recipe says otherwise).
- Dried herbs and spices are great for marinades, slow-cooked soups or stews, pastas, casseroles, and many other dishes. Add them near the start of cooking so they have time to soften and release their flavors.

### ITALIAN SEASONING

1 Tablespoon dried basil  
1 Tablespoon dried oregano  
1 Tablespoon dried rosemary  
1 Tablespoon dried thyme

### JERK SEASONING

1 Tablespoon dried thyme  
1 Tablespoon ground allspice  
1 teaspoon ground cinnamon  
1 teaspoon ground cloves  
1 teaspoon garlic powder  
1 teaspoon cayenne pepper

### TACO SEASONING

4 ½ teaspoons chili powder  
4 ½ teaspoons ground cumin  
¼ teaspoon garlic powder  
¼ teaspoon onion powder  
¼ teaspoon dried oregano  
¼ teaspoon salt