



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Grain Cooking Chart

Grain	Cooking Time / Water (for one cup of dry grain) Yield	Uses
LONG GRAIN BROWN RICE	45 minutes / 2.5 cups Yields 3.5 cups	Firm, fluffy. Side dishes, salads, pilaf.
MEDIUM GRAIN BROWN RICE	50 minutes / 2.5 cups Yields 3.5 cups	Softer. All-purpose, baking, stuffing.
SHORT GRAIN BROWN RICE	50 minutes / 2 cups Yields 3 cups	Sticky. Puddings, baking, sushi.
WILD RICE <i>Aquatic grass</i>	50 minutes / 2.5 cups Yields 3.5 cups	Mix with brown rice to economize.
BARLEY <i>Pot (Scotch) is more nutritious than pearl</i>	Pot – One hour / 3 cups Pearl – 50 min. / 2.5 cups Each yields 3 cups	Grain salads, soups, stews, baking, casseroles.
MILLET <i>Easily digestible</i>	40 minutes / 2.5 cups Yields 3.5 cups	Fluffy. Mineral-rich. Stuffing, stews, side-dishes
QUINOA <i>50% more protein than most other grains</i>	Rinse first to cut bitterness 15 minutes / 2 cups Yields 4 cups	Fluffy. Side-dishes, pilaf, stews, stuffing
AMARANTH <i>50% more protein than most other grains</i>	30 minutes / 2.5 cups Yields 2.5 cups	Sticky. Mix with other grains to add variety. Stuffing, hot cereal.
COUSCOUS*, BULGUR Pre-cooked cracked wheat products	15 minutes / 2 cups Yields 3 cups *Add water, let stand	Fluffy bed for stews, veggies. Form into “burgers”. Stuffing, Tabbouleh.
ROLLED OATS Steamed, pressed oats	15 minutes / 1.5 cups Yields 2.5 cups	Hot cereal, breads, cookies, general baking
CORNMEAL (called grits or polenta when fully refined)	30 minutes / 4 cups Yields 3 cups	Hot cereal Grill pre-cooked squares and serve with sauces.
BUCKWHEAT (KASHA) No relation to wheat. Wheat and gluten-free.	20 minutes / 2 cups Yields 2.5 cups Pan-toast before cooking	Pilaf, stuffing Hot cereal, Side-dish with onions
CRACKED WHEAT	45 minutes / 3 cups Yields 3 cups	Stickier than bulgur/couscous Hot cereal

See next page for details

Also works great in crock-pots and slow-cookers!



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Grain Storage

- Store grains in a cool, dark place in an airtight container. Because organic grains are not treated with pesticides, store in freezer to prevent infestation by grain moths.

Grain Preparation

(See Chart above)

- The middle column of cooking chart indicates approximate cooking time (*at 5,000 feet above sea level – be sure to use more liquid at a higher altitude*), and the amount of water for one cup of dry grain (e.g., “40 minutes / 2 cups”).
- Measure dry grain, then rinse thoroughly.
- Add grain and water to pot (and a pinch of sea salt if desired).
- Bring to full boil (except as noted for couscous).
- Reduce to simmer, cover tightly, and cook for indicated time.
- Tip: DON'T PEEK! Checking on your grains will alter cooking times and affect results.

Nutritional Information

Grains are excellent sources of fiber and are very low in fat. Most grains, cooked without additional fat, provide less than 10% of their calories as fat. They are high in complex carbohydrates, provide protein, and are rich in the vitamins and minerals listed below:

= a five-ounce serving contains at least 10 percent of the USRDA

= contains between 5 and 9 percent of the USRDA

= contains less than 5 percent of the USRDA

SOURCE: USDA Handbook 8