

Pasta

- Two ounces of uncooked pasta is about $\frac{1}{2}$ cup dry and 1 cup cooked.
- For long pasta, like spaghetti, 2 ounces uncooked is about $\frac{1}{2}$ -inch diameter dry (about the size of a dime) and 1 cup cooked.
- Dry pasta will keep in a cool, dry place for up to one year.
- Whole-grain pasta and pasta blends provide more fiber and nutrients than regular pasta.



Cooking Grains

Grain	Ingredients	Instructions	Cooking Time
Oatmeal	1 cup water or low-fat milk, $\frac{1}{2}$ cup oats, dash of salt	Boil liquid and salt. Stir in oats.	Cook 5 minutes, medium heat. Stir occasionally.
Quick barley (Regular barley takes 45 minutes)	2 cups water, 2 cup barley, dash of salt	Boil liquid and salt. Stir in barley. Cover.	Cook about 10-12 minutes. Remove from heat. Let Stand 5 minutes.
Cornmeal	2 $\frac{1}{2}$ cups water, 1 $\frac{1}{4}$ cups cornmeal, dash of salt	Put water, salt and cornmeal in a pan.	Cook 5-7 minutes over medium heat, stirring frequently.
Bulgur	$\frac{3}{4}$ cup bulgur, 2 cups water	Put bulgur in bowl. Boil water and pour over bulgur.	Let stand for 1 hour.
Couscous	1 $\frac{1}{4}$ cups water or broth, 2 Tablespoons canola oil, 1 cup couscous, dash of salt	Boil liquid. Add oil, couscous, and salt. Stir, cover, and remove from heat.	Let stand 5 minutes. Fluff before serving.
Quinoa	1 cup quinoa, 2 cups water or broth	If not pre-rinsed, rinse quinoa in cold water (reduces bitterness). Boil liquid and salt, add quinoa. Cover.	Cook 12-15 minutes or until liquid is absorbed. Remove from heat, fluff. Let Stand 5 minutes.
Pasta	3 quarts water, salt, 8 ounces whole-wheat macaroni or spaghetti, or egg noodles	Boil water. Add salt and then add pasta gradually.	Boil uncovered, stirring occasionally, 8-10 minutes (check package directions). Pasta should be tender, yet firm. Drain.



Cooking Grains - Continued

Grain	Ingredients	Instructions	Cooking Time
White rice (not instant)	1 cup rice, 2 cups cold water, dash of salt	Combine in a pan. Bring to a boil. Cover, reduce heat. Do not stir.	Simmer 15-18 minutes until rice is tender and liquid is absorbed.
Brown rice	1 cup brown rice, 2½ cups water, dash of salt	Combine in a pan. Bring to a boil. Cover, reduce heat. Do not stir.	Simmer 45-55 minutes until rice is tender and liquid is absorbed.
Wild rice	1 cup rice, 4 cups water	Combine in a pan. Bring to a boil, stir once or twice. Cover, reduce heat.	Simmer about 50 minutes until rice is tender and liquid is absorbed.
Oven-baked rice	Follow amounts from above.	Place ingredients in oven-safe dish with lid. Place in 375°F oven. Do not stir.	Bake brown or wild rice 40-50 minutes. Bake white rice 30 minutes. All liquid should be absorbed.
Other pasta or grains	Follow package directions		