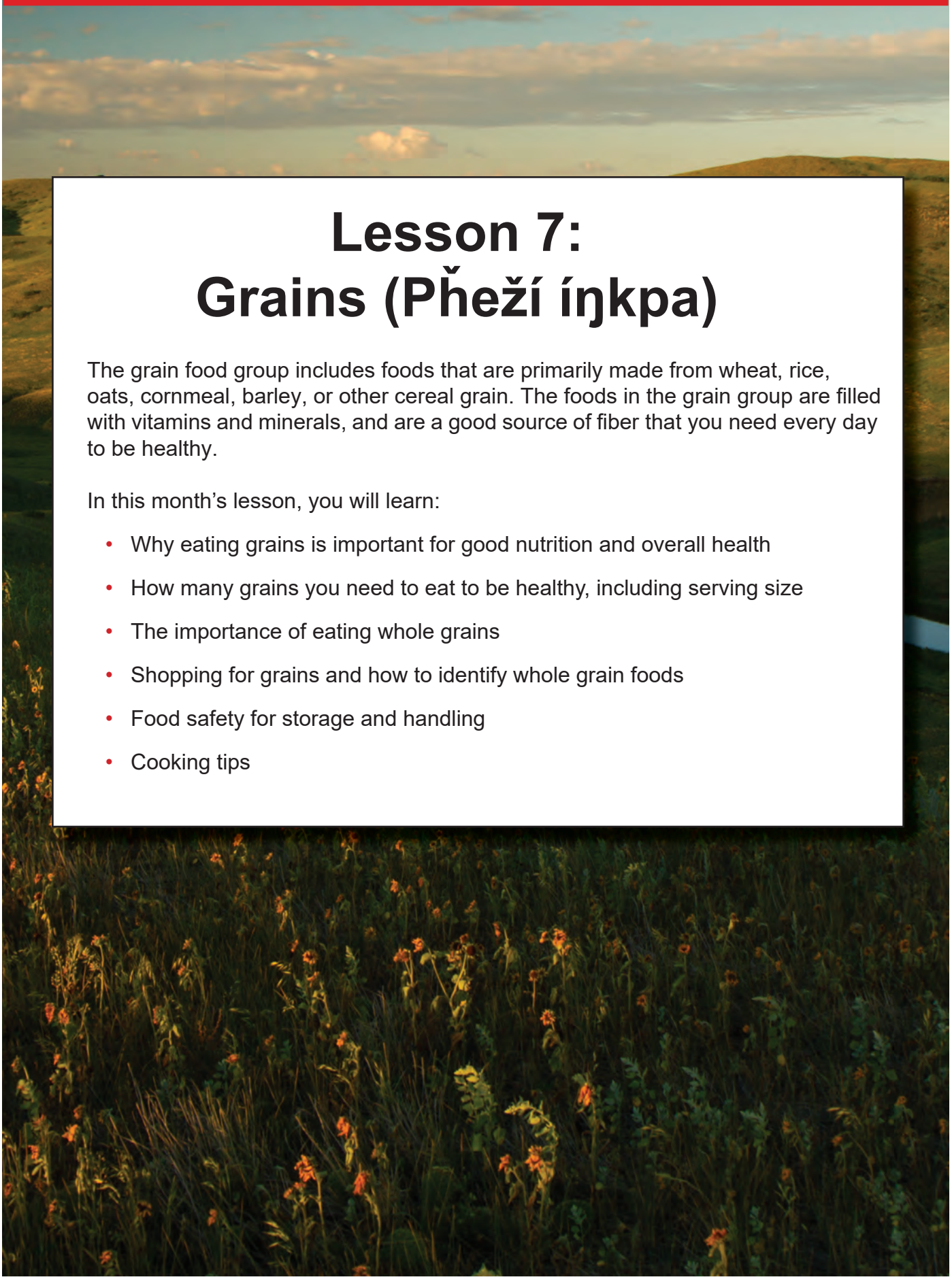


Lesson 7:
Grains (Pȟeží íŋkpa)

The grain food group includes foods that are primarily made from wheat, rice, oats, cornmeal, barley, or other cereal grain. The foods in the grain group are filled with vitamins and minerals, and are a good source of fiber that you need every day to be healthy.

In this month's lesson, you will learn:

- Why eating grains is important for good nutrition and overall health
- How many grains you need to eat to be healthy, including serving size
- The importance of eating whole grains
- Shopping for grains and how to identify whole grain foods
- Food safety for storage and handling
- Cooking tips

Challenge Yourself!

Set a Goal

Choose (kaȟníğa) one of the goals below (or set your own) to try during the next month:

- ❒ I will try a whole grain food that I haven't eaten before.
- ❒ I will try to eat half of my grains as whole grains.
- ❒ I will check the ingredient list on breads before purchasing to make sure they contain whole grains.
- ❒ I will make a recipe from this lesson.
- ❒ I will: _____

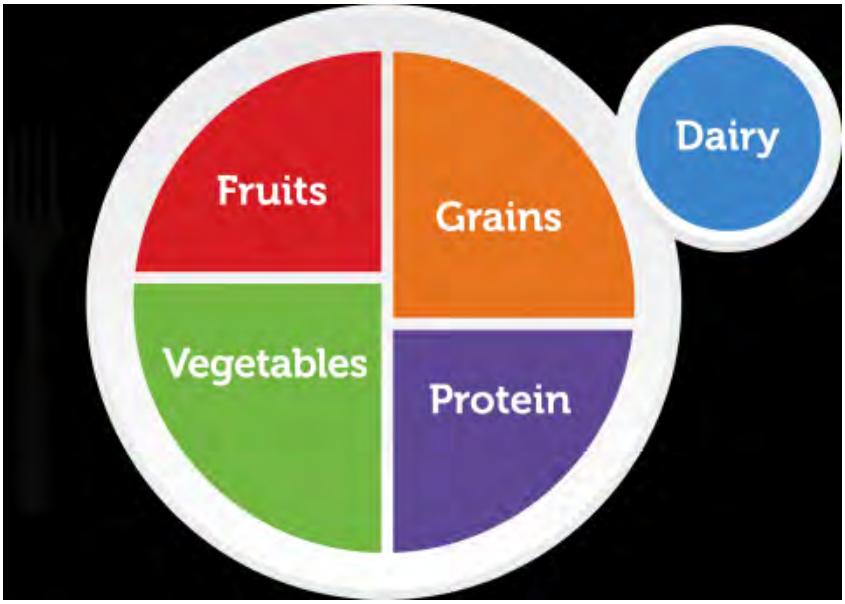
  _____

  _____

Why Eating Grains (Pȟeží íŋkpa) is Important

Grains are full of vitamins and minerals that keep us healthy. It is important to **make ¼ of your plate grains** at meal time and to **make half your grains whole grains.**

Grains provide many nutrients that are important for your health and body maintenance. Eating grains, especially whole grains, as part of a healthy diet can help reduce the risk of some chronic diseases.



Diabetes Hints… Grains

Healthy eating with diabetes starts with what is on your plate. **Eating grains will raise blood sugar a lot. Always read the Nutrition Facts label to find out what equals a serving.** Try eating smaller portions. One package can contain many servings. Approximately ¼ of your meal plate should be from the grains group.

- **BLOOD SUGAR ALERT** – Grains will raise blood sugar a lot. Always read Nutrition Facts labels to find out what equals a serving.
- **BENEFITS** – Provide energy, fiber, and vitamins.
- **ONE SERVING SIZE EQUALS** – 1 slice of bread, ½ a bun or English muffin, ½ a cup of cooked cereal, 1/3 cup of cooked pasta or rice. Check serving sizes with measuring cups and spoons or a food scale.
- **GRAINS TO TRY** – Whole grain bread, brown rice, or whole wheat pasta; or one small bowl of oatmeal or whole grain cereal.
- **EATING TIPS FOR A MEAL OR SNACK** –
  - Choose whole grain foods whenever possible.
  - Space eating grains and carbohydrates out over the day to help your body keep your glucose level stable.
  - In diabetes meal planning, 1 serving of a food containing carbohydrates has about 15 grams of carbohydrate.
    - 1 slice bread (1 ounce)
    - 1 tortilla (6-inch size)
    - ¼ bagel (1 ounce)
    - 2 taco shells (5-inch size)
    - ½ hamburger or hot dog bun (1 ounce)
    - ½ cup cooked cereal
    - ¾ cup ready-to-eat cereal
    - 4-6 small crackers
    - 1/3 cup pasta or rice (cooked)
    - ¾ ounce pretzels, potato chips, or tortilla chips
    - 3 cups popcorn (popped)

See pages 20-21 in this lesson for more information on carbohydrate counting.

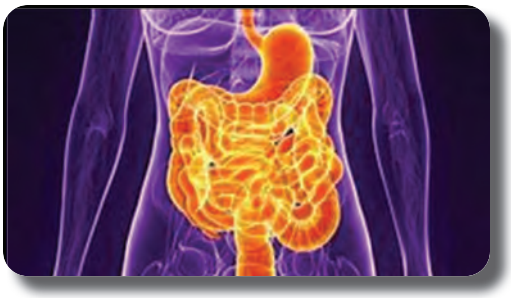
Eating Grains (Pȟeží íŋkpa) Will Help You Stay Healthy

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases, including heart disease. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Nutrients in Grains (Pȟeží íŋkpa) Include:

- Dietary Fiber
- B Vitamins (thiamin, riboflavin, niacin, and folate)
- Minerals (iron, magnesium, and selenium)

Nutrients in Grains (Pȟeží íŋkpa) Include:



Dietary Fiber – from whole grains prevents constipation and helps the body absorb nutrients; also helps to lower blood cholesterol levels and control blood sugar. Dietary fiber also provides a feeling of fullness with fewer calories.

B Vitamins – Thiamin, Riboflavin, and **Niacin** play a key role in converting carbohydrates to energy. They are also important for a healthy nervous system. Many refined grains (white bread, white flour, some cereals, etc) have B vitamins added to the foods. This is often stated on food packages using the term "enriched". **Folate** - is another B vitamin that helps the body produce red blood cells and helps reduce the risk of some birth defects during pregnancy.

Minerals –

Iron – is used to carry oxygen to the blood. Whole and enriched refined grains are major sources of iron in the diet.

Magnesium – is used for building bones and releasing energy from muscles.

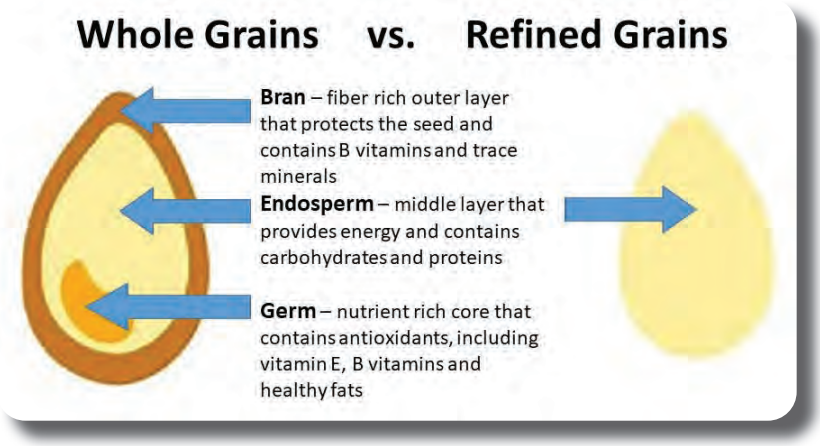
Selenium – is important for a healthy immune system, gives protection from infection, and has anti-inflammatory properties.

What Foods are in the Grains (Pȟeží íŋkpa) Food Group?

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is in the grain group. Some commonly eaten grains are:

- Bread
- Pasta
- Breakfast cereals
- Crackers
- Grits
- Tortillas
- Popcorn
- Rice
- Oatmeal

Difference Between Whole and Refined Grains?



Whole Grains (WG)	Refined Grains (RG)
Contain the entire grain kernel (bran, endosperm, and germ). Higher fiber content.	Have been milled to remove the bran (outer layer) and germ. This gives the grain a finer texture & improves shelf life, but removes dietary fiber, iron and many B vitamins.
Examples:	**Examples:**
Whole-wheat flour	White flour
Bulgur (cracked wheat)	De-germed cornmeal
Oatmeal	White bread
Whole cornmeal	White rice
Brown rice	
Popcorn	
Barley	After processing, many refined grains are enriched with B vitamins (thiamin, riboflavin, niacin, folic acid) and iron.

How Many Grains (Pȟeží íŋkpa) Do You Need Each Day to Be Healthy?

The amount of grains you need to eat depends on your:

- sex
- age
- level of physical activity

Below are the **daily recommendations** for grains consumption for people who get less than 30 minutes of moderate physical activity (such as brisk walking) per day. Those who are more (or less) physically active should talk to their doctor about how many grains they need to eat to be healthy. **Remember that at least half of the grains you eat each day should be whole grains.**

		Total Daily Recommendation in Ounces	Daily Minimum Amount of Whole Grains (WG) in Ounces
Children	2-3 years old 4-8 years old	3 ounces 5 ounces	1½ ounces 2½ ounces
Girls	9-13 years old 14-18 years old	5 ounces 6 ounces	3 ounces 3 ounces
Boys	9-13 years old 14-18 years old	6 ounces 8 ounces	3 ounces 4 ounces
Women	19-30 years old 31-50 years old 51+ years old	6 ounces 6 ounces 5 ounces	3 ounces 3 ounces 3 ounces
Men	19-30 years old 31-50 years old 51+ years old	8 ounces 7 ounces 6 ounces	4 ounces 3½ ounces 3 ounces

What Equals as a Serving of Grains (Pȟeží íŋkpa)?

1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as a 1 ounce-equivalent from the Grains Group. Depending on age, women should consume 5-6 ounces and men should consume 6- 8 ounces per day as part of a healthy diet. **Persons with diabetes should follow the recommendation of their medical provider, dietitian or diabetes educator.** See the table below for what equals a one ounce serving.

HINT: Remember that at least ½ of the grains you eat each day should be whole grains.

Type of Grain and if Whole Grain (WG) or Refined Grain (RG)		Amount that Equals One Ounce of Grains	Common Package or Portion Sizes
Bagels	WG - whole wheat RG - plain, egg	1" mini bagel	1 large bagel = 4 ounces
Biscuits	RG - baking powder or buttermilk	1 small (2" diameter)	1 large (3" diameter) = 2 ounces
Breads	WG - 100% Whole Wheat RG - white, wheat, French, sourdough	1 regular slice 1 small slice, French 4 snack-size slices rye bread	2 regular slices = 2 ounces
Bulgur	WG - cracked wheat	½ cup, cooked	
Cornbread	RG – cornmeal	1 small piece (2½" x 1¼" x 1¼")	1 medium piece (2½" x 2½" x 1¼") = 2 ounces
Crackers	WG - 100% whole wheat, rye RG - saltines, snack crackers	5 whole wheat crackers 2 rye crisp breads 7 square or round crackers	
English muffins	WG - whole wheat RG - plain, raisin	½ muffin	1 muffin = 2 ounces
Muffins	WG - whole wheat RG bran, corn, plain	1 small (2½" diameter)	1 large (3½" diameter) = 3 ounces
Oatmeal	WG	½ cup, cooked 1 packet instant 1 ounce (⅓ cup), dry (regular or quick)	

Serving of Grains (Pȟeží íŋkpa) - Continued

Type of Grain and if Whole Grain (WG) or Refined Grain (RG)		Amount that Equals One Ounce of Grains	Common Package or Portion Sizes
Pancakes	WG – whole wheat, buckwheat RG: buttermilk, plain	1 pancake (4½" diameter) 2 small pancakes (3" diameter)	3 pancakes (4½" diameter) = 3 ounces
Popcorn	WG	3 cups, popped	1 mini microwave bag or 100-calorie bag, popped = 2 ounces
Ready-to-eat breakfast cereal	AWG - toasted oat, whole wheat flakes RG - corn flakes, puffed rice	1 cup, flakes or rounds 1¼ cup, puffed	
Rice	1WG - brown, wild RG - enriched, white, polished	½ cup, cooked 1 ounce, dry	1 cup, cooked = 2 ounces
Pasta-- spaghetti, macaroni, noodles	WG - whole wheat RG - enriched, durum	½ cup, cooked 1 ounce, dry	1 cup, cooked = 2 ounces
Tortillas	WG - whole wheat, whole grain corn RG - Flour, corn	1 small flour tortilla (6" diameter) 1 corn tortilla (6" diameter)	1 large tortilla (12" diameter) = 4 ounces

Food Selection Tips
From the CRST Diabetes Program

Know your portion size. Portion size matters and is part of keeping track of your total carbs, fat, sodium, and calories.

Grains

- Whole grain is a better choice.
- When checking to see if a food is truly a whole grain, look at the ingredient list on the Nutrition Facts label. If the first ingredient says “refined flour”, it is not a whole grain (it’s only white bread that is dyed brown).
- When using the plate method, ¼ of the plate should be whole grains.
- A slice of bread is 15 carbs.
- 1/3 of a cup of rice, noodles and beans each have 15 carbs, so a whole cup is 45 carbs. This is taught during carb counting.

Talk with a registered dietitian to help you plan a healthy diet and better manage your diabetes.

How to Shop for Grains (Pȟeží íŋkpa)

Always read the ingredient list on the package. **Choose foods that list the first ingredient as a whole grain.** The whole grain may be listed as:

- Brown rice
- Buckwheat
- Bulgur
- Millet
- Oatmeal or rolled oats
- Popcorn
- Quinoa
- Rolled oats
- Whole-grain barley
- Whole-grain corn
- Whole-grain sorghum
- Whole-grain triticale
- Whole oats
- Whole rye
- Whole wheat
- Wild rice

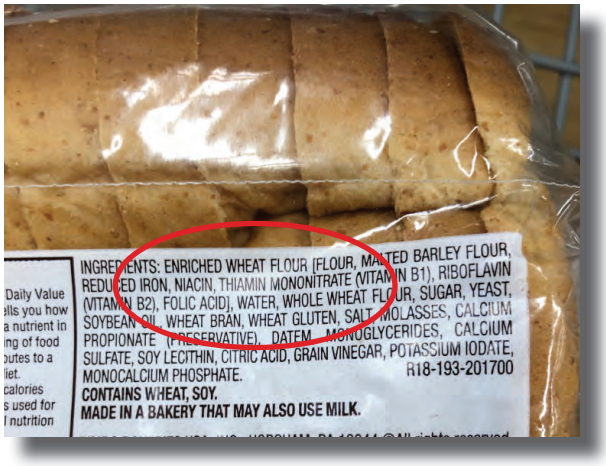
Watch out for the following:

- **Don't be fooled by the name!** Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not whole-grain products.
- **Don't be fooled by the color!** Just because it's brown doesn't mean it's whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- **Don't be fooled by the other ingredients!** Any whole grains listed after the first ingredient may only be a very small part of the food product.
- **Look for grains that are high in fiber.** Read Nutrition Facts labels and select grains that are higher in fiber (example: whole grain pasta vs. regular pasta). Many, but not all, whole grain products are good or excellent sources of fiber.
- **Look for terms that indicate added sugars,** such as sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses, or raw sugar. These foods contain extra calories. Read the food ingredient list and choose foods with less added sugar.
- **The amount of sodium (salt) in pre-packaged foods (including breads) can vary widely.** Most sodium in our diet comes from packaged foods. Read the Nutrition Facts label to choose foods that are lower in sodium. Foods with less than 140 mg sodium per serving can be labeled as "low sodium foods". Claims such as "low in sodium" or "very low in sodium" on the front of the food label can help you identify foods that contain less salt.

CONTINUED ON NEXT PAGE

How to Shop for Grains (Pȟeží íŋkpa) - Continued

- **Be on the lookout for new whole grain foods at your local grocery store.** Many stores are starting to carry whole grain pastas, tortillas, crackers, and other whole grain foods. Read Nutrition Facts labels and ingredient lists to identify these foods.



Not Whole Grain Bread.

(Has some whole grains but in lesser amounts)

Definitely a Whole Grain Bread.

Shopping for Cereals

When shopping for cereals, reading the Nutrition Facts label is a must. Don't rely on front-of-package claims, which can be misleading. For example, if the package says the cereal is "now made with whole grains," the amount might be small.

Look for cereals that have:

- 100% whole grain; or a whole grain at the top of the ingredient list
- 5 grams of fiber per serving
- lower amounts of sugar (4-5 grams or less is better)
- Protein. These cereals will help you feel full longer than eating cereal that only contains carbohydrates. However, protein is not needed for a cereal to be healthy.
- lower sodium content (preferably under 180 milligrams per serving)

Tip! Always check the serving size because cereals may list a smaller portion as a single serving than you normally eat.

Tip! Be cautious of cereals that have added fruit because it is often sugar coated. A healthier option is to add your own dried or fresh fruit (such as berries, peaches, bananas, grapes, or raisins) at home.

Choosing Whole-Grain Foods

Whole grains are important sources of nutrients such as magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

1 Search the Nutrition Facts label

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.

2 Look for word "whole" at the beginning of the ingredients list

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say “multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product.

3 Choose whole grains at school

Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.

4 Find the fiber on the Nutrition Facts label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5 Is gluten in whole grains?

People who can’t eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

6 Check for freshness

Buy whole-grain products that are tightly packaged and well-sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7 Keep a lid on it

When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.

8 Buy what you need

Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

9 Wrap it up

Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.

10 What's the shelf life?

Since the oil in various whole-grain flours differs, shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2-3 months and in the freezer for 6-8 months. Cooked brown rice can be refrigerated 3-5 days and can be frozen up to 6 months.

Adapted From: USDA Dietary Guidelines Tip Sheet No. 22 September 2012, Revised October 2016

Challenge Yourself!

Answer the questions below to select which box of crackers is a healthier option to buy:

Option A.

Option B.

1. Is a whole grain food product_____

2. Higher in fiber_____

3. Lower in sugar_____

4. Lower in sodium (salt)_____

5. Healthier option to buy_____

Answers: 1. Option A, 2. Option A, 3. Option A, 4. Option B, 5. Option A

How to Store Grains (Pȟeží íŋkpa)

Always store grains in tightly covered containers. Most uncooked grains can be stored up to one year at room temperature in a cool, dry place. Grains can be stored longer in the freezer. Some whole grains that contain oil can become rancid when stored at room temperature. To avoid whole grains turning rancid, they can be stored in tightly covered containers in the refrigerator.

Food Safety

Raw dough (made with grains) can contain bacteria that cause disease. Flour, cornmeal or other grains don't look like a raw food, but they typically are. This means the grain hasn't been treated to kill E. coli or other bacteria. **Cooking is the only way to effectively kill bacteria.**

Graphic Source: https://www.homebaking.org/baking-food-safety/

Safe food handling practices when cooking or baking with grains:

- Do not taste or eat any raw dough or batter, whether for cookies, tortillas, pizza, biscuits, or pancakes.
- Bake or cook raw dough and batter, such as cornbread, biscuits, pancakes, or cookie dough, etc. before eating.
- Follow the recipe or package directions for cooking or baking at the correct temperature and for the specified amount of time.
- Do not make milkshakes with products that contain raw flour, such as cake mix.
- Do not use raw homemade cookie dough in ice cream.
  - Cookie dough ice cream sold in stores contains dough that has been treated to kill harmful bacteria.
- Keep raw foods (such as flour) separated from ready-to-eat foods.
- Follow label directions to refrigerate foods containing raw dough until it is cooked.
- Clean up areas thoroughly after handling flour or raw dough.
  - Wash your hands with running water and soap.
  - Wash bowls, utensils, countertops, and other surfaces with warm, soapy water.

https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety#cook

Cooking with Grains (Pȟeží íŋkpa)

Grains are an important part of many recipes. Use the following tips when cooking with grains:

- Use brown rice or whole-grain pasta in recipes that call for rice or pasta.
- Use whole-grain barley in soups or stews.
- Substitute whole-wheat or oat flour for up to ½ of the flour in baked products (cookies, cakes, breads, muffins, etc.). The food will be heavier and denser.
- Use rolled oats or crushed whole grain cereal as breading for meats and as filler in meatloaf.

Guide to Cooking Whole Grains:

To cook 1 cup of a whole grain…	Use this much broth or water	Bring to a boil and simmer for this amount of time	To make
Whole barley	3 cups	1½ hours	4 cups
Brown rice	2 cups	45 minutes	3 cups
Whole wheat couscous	1½ cups boiling liquid	5 minutes	2½ cups
Quick oats	3 cups	5 minutes	1¾ cups
Whole wheat pasta	4 cups	7-10 minutes	2½ cups
Quinoa (rinse well)	2 cups	15 minutes	4 cups
Wild rice	3 cups	45-60 minutes	2 cups

Pasta Cooking Tips:

- Pasta shapes can be substituted for one another if they are similar in size.
- Follow the package directions for amount of water, cooking time, etc.
- Add pasta to boiling water to cook and stir frequently to prevent pasta from sticking together.
- Don't add oil to the cooking water. It is not needed and will prevent sauces from sticking to pasta.
- If adding cooked pasta to a dish that will be baked in the oven, slightly under cook it because it will absorb the sauce while cooking and become soft.
- Do not rinse pasta after cooking unless the recipe states otherwise (rinsing prevents sauces from clinging to the pasta). Usually, only cold salads require pasta to be rinsed.

Cooking with Grains (Pȟeží íŋkpa) - Continued

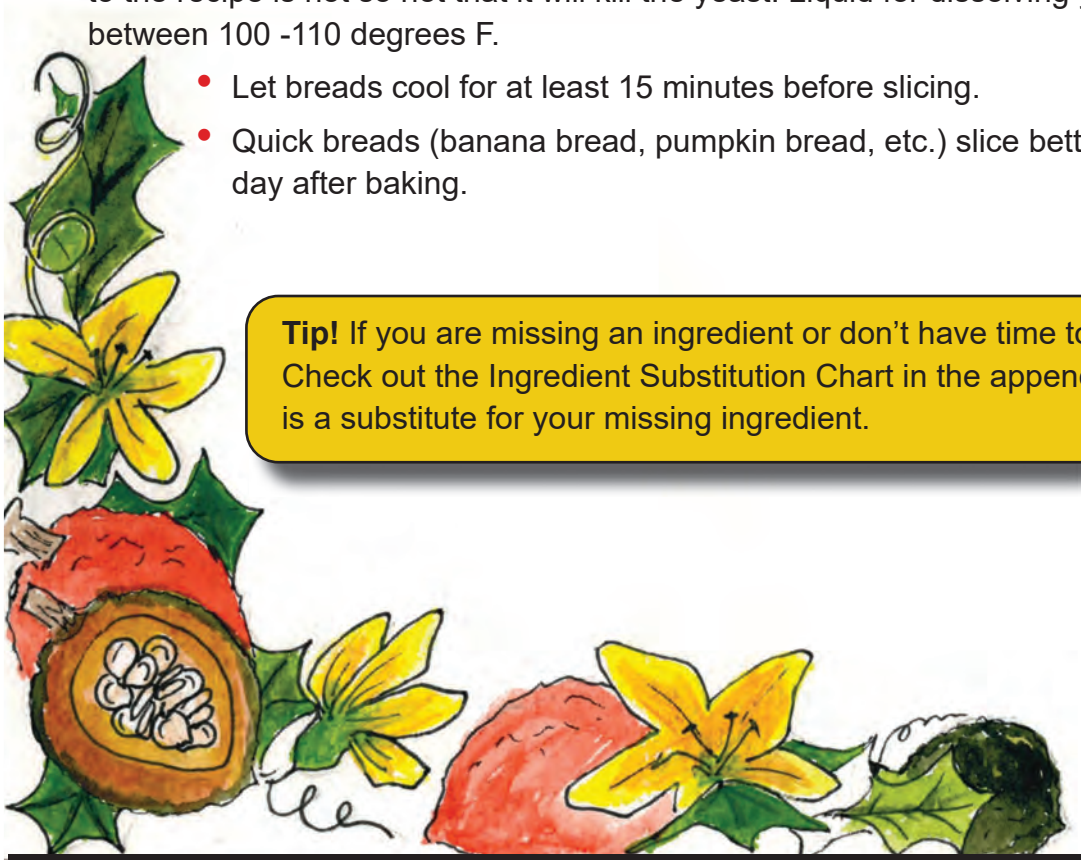
Rice Cooking Tips:

- Always measure rice and water accurately.
- Only rinse rice when directed to on the package or in a recipe.
- Avoid stirring rice when cooking. Stirring makes rice sticky and starchy.
- If rice still has liquid after cooking for the recommended amount of time, uncover it and cook it a little longer on low heat until the liquid is gone.
- Rice that is undercooked has grains with hard, white centers. Rice that is cooked correctly has grains that don't stick together, and are fluffy, yet firm when eaten. Overcooked rice has a mushy texture and the grain will often split open.

Bread Baking Tips:

- Always use fresh ingredients and follow recipe measurements correctly (for example, use dry measuring cups for dry ingredients and liquid measuring cups for liquids).
- When measuring flour, spoon it out of the storage container into the measuring cup and level it off with a flat edge. Do not scoop flour with the measuring cup or shake the measuring cup to put more flour into it because you will end up using too much flour and breads and baked goods will be heavy.
- When making yeast breads, always use a food thermometer to make sure the liquid added to the recipe is not so hot that it will kill the yeast. Liquid for dissolving yeast should be between 100 -110 degrees F.
- Let breads cool for at least 15 minutes before slicing.
- Quick breads (banana bread, pumpkin bread, etc.) slice better if they are cut the day after baking.

Tip! If you are missing an ingredient or don't have time to go to the store… Check out the Ingredient Substitution Chart in the appendix to see if there is a substitute for your missing ingredient.



Carbohydrates and the Grains Group

Persons with diabetes need to pay close attention to what types and how many ounces of grains they consume throughout the day (both as snacks and meals). Many with diabetes are taught to count their carbohydrates (commonly called carbs) using the American Diabetes Association Carbohydrate Counting Method. Additional resources from the American Diabetes Association can be found at **https://www.diabetes.org/resources**

Talk to your dietitian or your diabetes educator; they are there to help you. They have additional resources that can help you manage carbohydrates in your diet. There are also apps available for use on smart phones that allow you to scan Nutrition Facts labels and get the carb count of a food so you can quickly make a decision when shopping to buy a food or not.

Carbohydrate Counting for People with Diabetes

Counting and managing the number of carbohydrate servings you eat in a day can help you control your blood glucose (sugar) level so that you feel better.

What is carbohydrate counting?

Carbohydrate counting is a tool to help you plan your meals and manage your blood glucose level. It also helps you choose what and how much to eat. The balance between carbohydrates you eat and insulin determines what your blood glucose level will be after eating.

How many grams of carbohydrate are best for me?

The recommended number of servings is based on your weight, activity level, diabetes medicines, and goals for your blood glucose levels. **Talk with your dietitian or diabetes educator; they can work with you to make a personalized plan.**

Why should I pay attention to serving sizes for carbohydrate foods?

The amount of carbohydrate you eat can make a big difference in your blood glucose. If you eat more carbs than you normally do at a meal, your blood glucose level is likely to be higher than usual several hours after eating.

Counting carbohydrates using the Nutrition Facts labels is very helpful and can be used when cooking recipes included in this book and others.

To decide on a serving size, check the label for the number of carbohydrate grams (g). One serving is equal to 15 grams of carbohydrates.

HINT: 1 carbohydrate serving is 15 grams of carbohydrate
You can ignore the grams of sugar on the Nutrition Facts label because they are already included in the total grams of carbohydrates.

EXAMPLE	EXAMPLE	EXAMPLE
If the total carbohydrates is 15 grams, then look at the top of the food label for the serving size.	If the total carbohydrate is more than 15 grams, then divide the total by 15.	If the total carbohydrate is less than 15, then multiply the serving size so that your serving will have 15 grams of carbohydrate.
Nutrition Facts	**Nutrition Facts**	**Nutrition Facts**
Recipe Serving Size: 6 crackers	**Recipe Serving Size:** 4 cookies	**Recipe Serving Size:** 1 graham cracker square
Total Carbohydrate: 15g	**Total Carbohydrate:** 30g	**Total Carbohydrate:** 5g
One carbohydrate serving is: 6 crackers	**One carbohydrate serving is:** 2 cookies	**One carbohydrate serving is**: 3 graham cracker squares

Serving sizes for some carbohydrate foods (each has about 15 grams of carbs)

Apple: 1 small (4 ounces)	**Milk, fat-free or reduced-fat:** 1 cup
Bagel: ¼ large (1 ounce)	**Orange juice:** ½ cup
Banana: 1 extra small (4 ounces)	**Pasta or rice (cooked):** ⅓ cup
Bread: 1 slice (1 ounce) or 2 slices reduced calorie bread (1½ ounces)	**Pinto beans or kidney beans (cooked):** ½ cup
Cake (unfrosted): 2-inch square	**Green peas:** ½ cup
Cereal, unsweetened (ready-to-eat): ¾ cup	**Popcorn (popped):** 3 cups
Cereal, cooked: ½ cup	**Potato, mashed:** ½ cup
Cookies: 2 small (2¼ inches across)	**Potato chips:** ¾ ounce (about 9 to 13)
Corn: ½ cup	**Pretzels:** ¾ ounce
Crackers (saltines): 6	**Rice:** ⅓ cup
Fruit, canned: ½ cup	**Sugar:** 1 Tablespoon
Hamburger bun: ½ bun (1 ounce)	**Sweet potato:** ½ cup
Ice cream (light): ½ cup	**Taco shells:** 2 (5 inches across)
Jam or jelly: 1 tablespoon	**Tortilla, corn or flour:** 1 (6 inches across)

Always talk to your healthcare provider and dietitian to learn more about carbohydrate counting.

Source: Toolkit No. 14: ***All About Carbohydrate Counting*** American Diabetes Association 1–800–DIABETES (1-800-342-2383) www.diabetes.org

Challenge Yourself!

Practice carbohydrate counting with two recipes from this lesson.

Homemade Pancakes

Nutrition Facts
Serving Size 1 pancake
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 160mg	**7%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 0g	**0%**
Sugars 3g	
Protein 3g	**6%**
Vitamin A 4% •	Vitamin C 0%
Calcium 8% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Pancakes

How many carbohydrate servings are in one serving of homemade pancakes?

Nutrition Facts

Recipe Serving Size: _____

Total Carbohydrate: _____

One carbohydrate serving is: _____

Spanish Rice

Nutrition Facts
Serving Size 1 cup
Servings Per Container 6

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 3g	**6%**
Vitamin A 10% •	Vitamin C 15%
Calcium 4% •	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Spanish Rice

If the total carbohydrate is more than 15 grams, then divide the total by 15.

Nutrition Facts

Recipe Serving Size: _____

Total Carbohydrate: _____

One carbohydrate serving is: _____

Pancake Answer: 1 serving is 1 pancake, 15 grams carbohydrates, 1 carbohydrate serving is 1 pancake (recipe makes 8 pancakes)

Spanish Rice Answer: Recipe serving size = 1 cup, 30 grams carbohydrates, 1 carbohydrate serving is ½ cup

Challenge Yourself!

Set a Goal

Choose (kaȟníğa) one of the goals below (or set your own) to try during the next month:

- ❒ I will try a whole grain food that I haven't eaten before.
- ❒ I will try to eat half of my grains as whole grains.
- ❒ I will check the ingredient list on breads before purchasing to make sure they are whole grain.
- ❒ I will make a recipe from this lesson.
- ❒ I will: _____

  _____

Pasta

- Two ounces of uncooked pasta is about ½ cup dry and 1 cup cooked.
- For long pasta, like spaghetti, 2 ounces uncooked is about ½-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	I cup water or low-fat milk, ½ 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	2½ cups water, 1¼ cups cornmeal, dash of salt	Put water, salt and cornmeal in a pan.	Cook 5-7 minutes over medium heat, stirring frequently.
Bulgur	¾ cup bulgur, 2 cups water	Put bulgur in bowl. Boil water and pour over bulgur.	Let stand for 1 hour.
Couscous	1¼ 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 render 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		

Biscuits

Serves 16, One biscuit per serving

Ingredients

- 2 ¼ cups unsifted all-purpose flour
- 2 ½ teaspoon baking powder
- 1 teaspoon salt
- 1/3 cup oil
- ¾ cup of milk

Directions

1. Combine flour, baking powder, and salt in mixing bowl.
2. Add oil and milk: stir with fork until soft dough is formed.
3. Turn onto lightly floured surface, knead gently 10 to 15 times.
4. Roll out to thickness of ½ to ¾ inch and cut with floured cutter or cut into two-inch squares.
5. Bake on ungreased baking sheet at 450 degrees for 12 to 15 minutes.

Nutrition Facts

Serving Size 1 bisciut
Servings Per Container 16

Amount Per Serving	
Calories 110	Calories from Fat 45
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 2g	**4%**

Vitamin A 0% • Vitamin C 0%
Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs

Chef's Notes

- "Handle Lightly" is the key phrase for really delicious biscuits. Stir as little as possible and fold the dough over easy.

Pancakes

Makes 8 pancakes. 1 standard-size pancake per serving

Ingredients

- 1 cup all-purpose flour
- 1 Tablespoon sugar
- 2 teaspoon baking powder
- ¼ teaspoon salt
- 1 egg, beaten
- 1 cup skim milk
- 2 Tablespoon oil

Directions

1. In a mixing bowl stir together flour, sugar, baking powder, and salt.
2. In another bowl, combine egg, milk, and oil. Add to flour mixture all at once. Stir mixture until blended but still lightly lumpy.
3. For standard size pancakes, pour about ¼ cup batter onto a hot, lightly greased griddle or heavy skillet. For dollar-size pancakes, use one tablespoon batter.
4. Cook until pancakes have a bubbly surface and slightly dry edges, then turn once to brown second side.

Variation - Buttermilk Pancakes

Prepare as above except reduce baking powder to 1 teaspoon and add ½ teaspoon baking soda to flour mixture; substitute buttermilk for milk. Add additional buttermilk to thin batter if necessary.

Nutrition Facts

Serving Size 1 pancake
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 160mg	**7%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 0g	**0%**
Sugars 3g	
Protein 3g	**6%**
Vitamin A 4% •	Vitamin C 0%
Calcium 8% •	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Bread-in-a-Bag

Makes about 20 slices of bread

Ingredients

- 1½ cups whole-wheat flour
- 1 package rapid-rise yeast (or 2½ teaspoons)
- 3 Tablespoons sugar
- 3 Tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup hot water (125-130°F)
- 3 Tablespoons canola oil
- 1½ cups all-purpose flour (approximate)

Nutrition Facts

Serving Size 1 slice (35.94g)
Servings Per Container 20

Amount Per Serving	
Calories 100	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 1g	**5%**
Sugars 3g	
Protein 3g	**5%**
Vitamin A 0% •	Vitamin C 0%
Calcium 4% •	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Directions

1. Combine whole-wheat flour, undissolved yeast, sugar, dry milk, and salt in a 1-gallon heavy-duty freezer bag with a zipper lock. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients.
2. Add hot water and oil to dry ingredients. Re-seal bag. Mix by working bag with fingers.
3. Gradually add enough all-purpose flour to make stiff dough that pulls away from the bag.
4. Place dough on a floured surface; knead 2 to 4 minutes, or until smooth and elastic.
5. Cover dough and let it rest for 10 minutes.
6. Roll out dough to a 12x7-inch rectangle. Roll up from narrow end. Pinch to seal. Place in a 9x5x3-inch loaf pan coated with non-stick spray. Let rise 20 minutes or until double in size.
7. Bake at 375°F for 30 to 35 minutes or until brown.

Bread-in-a-Bag - Variations

Cinnamon and Raisin Bread - After the dough is rolled into a rectangle, sprinkle with 1 Tablespoon of cinnamon and ⅓ cup raisins. Roll up from the narrow end and bake.

Jalapeno Cheese Bread - After the dough is rolled into a rectangle, sprinkle with ¼ cup sliced jalapeno peppers and ½ cup shredded low-fat cheese. Roll up from the narrow end and bake.

Honey Wheat Bread - After the dough is rolled into a rectangle, spread ¼ cup honey over dough. Roll up from the narrow end and bake.

Italian Bread - Add 2 Tablespoons Italian Seasoning (Month 1, Lesson 1) in first step.

Rosemary Black Pepper Bread - After the dough is rolled into a rectangle, brush with olive oil and sprinkle with 2 teaspoons Rosemary and 1 Tablespoon black pepper. Roll up from the narrow end and bake.

Dill Bread - Add 1½ teaspoons dill and 1 Tablespoon lemon zest (grated lemon peel) in first step.

Butter Crunch Bread - After the dough is rolled into a rectangle, spread 2 Tablespoons soft margarine over dough and sprinkle with 3 Tablespoons brown sugar and ¼ cup chopped nuts. Roll up from the narrow end and bake.

Garlic Parmesan Bread - Add 1 teaspoon garlic powder and ¼ cup grated Parmesan cheese in first step.

Breadsticks - Add ½ cup rolled wheat or other rolled grain to bag after mixing in whole-wheat flour. Add only enough all-purpose flour to make a stiff dough. Roll out dough in a rectangle ½-inch thick. Cut dough into strips ¾-inch wide. Twist strips while placing on baking sheet. Bake at 375°F for 15 minutes or until brown.

Cinnamon Rolls - After rolling dough into 12x7-inch rectangle on floured surface, spread with 2 Tablespoons soft-tub margarine. Sprinkle with ½ cup brown sugar and 2 teaspoons cinnamon. Add ½ cup raisins or chopped nuts, if desired. Roll up dough and seal edges. Cut into 1-inch slices. Place in baking pan coated with non-stick spray. Cover; let rise 20 to 30 minutes. Bake at 375°F for 20 to 25 minutes or until golden brown. Remove from pan. Makes 12 rolls.

Rolls - After kneading and resting for 10 minutes, roll out dough to ½-inch thick. Use a round cookie cutter or biscuit cutter to make rolls. Place on baking sheet coated with non-stick spray. Cover and raise 20 minutes. Bake at 375°F for 12 to 15 minutes.

Potato Rolls - Beat one egg and add with oil and water. Before adding white flour, add ½ to ¾ cup leftover mashed potatoes. Make rolls, raise, and bake at 375°F for 20 minutes.

Pizza dough - Change canola oil to olive oil. When adding the water and oil, mix in spices such as: 1 teaspoon oregano, basil, or red pepper flakes; and 1 Tablespoon grated Parmesan cheese. After kneading, allow dough to rest for 10 minutes. Roll into circle or rectangle about ¼-inch thick. Add toppings of your choice. Bake at 375°F for 15-20 minutes.

Fried Rice

Serves 6, 2/3 cup per serving

Ingredients

- 1 cup sliced green onions
- 2 Tablespoons canola oil
- 2 eggs, beaten
- 3 cups cooked rice, brown or white (see cooking steps page 24-25)
- 2 Tablespoons soy sauce

Directions

1. Cook green onions in oil in a pan or electric skillet until tender. Add eggs and cook until a scrambled egg consistency.
2. Add rice and soy sauce and cook, stirring constantly, until rice is heated.

Variation:

Make it a Main Dish – toss in and heat pieces of cooked meat (pork chops, chicken, beef, or shrimp) or tofu.

Add Veggies – add Homemade Vegetable Mix (Month 3, Lesson 3) or a bag of frozen vegetables.

Nutrition Facts

Serving Size 2/3 cup (140.37g)
Servings Per Container 6

Amount Per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 60mg	**21%**
Sodium 410mg	**17%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**9%**
Sugars <1g	
Protein 5g	**10%**
Vitamin A 6% •	Vitamin C 6%
Calcium 4% •	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Rice Pilaf

Serves 6, ½ cup per serving

Ingredients

- 1 cup chopped onion
- 2 Tablespoons margarine or butter
- 1 cup of cooked rice
- 2 cups of chicken broth or bouillon and water
- ½ teaspoon pepper

Directions

1. In a 2 ½ -quart saucepan, cook, onions in margarine until soft but not brown.
2. Add rice, broth, and pepper. Heat to boiling; stir once.
3. Reduce heat, cover, and simmer 20 minutes or until rice is tender and liquid is absorbed. Mix lightly and serve hot.

Variation:

Add 1 to 2 cups cooked meat and vegetables after simmering. Mix lightly; cook covered for 5 additional minutes.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving	
Calories 160	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 300mg	**13%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 4g	**8%**
Vitamin A 4% •	Vitamin C 4%
Calcium 2% •	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Spanish Rice

Serves 6, one cup per serving

Ingredients

- ½ cup onion, finely chopped
- ¼ cup chopped green pepper
- 3 Tablespoons margarine
- 1 can (16 oz.) stewed tomatoes
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 3 cups cooked rice

Directions

1. In large skillet, cook and stir onion and green pepper in margarine until onion is tender.
2. Stir in tomatoes, salt, pepper, and rice. Simmer uncovered over low heat, about 15 minutes, until flavors are blended and mixture is hot.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 3g	**6%**
Vitamin A 10% •	Vitamin C 15%
Calcium 4% •	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Whole Wheat Pizza Dough

Makes 1 pound dough for 2 (12-inch) pizzas

Ingredients

- 1 cup warm water
- 1 package active dry yeast (2½ teaspoons)
- 1½ cups whole wheat flour
- 2 Tablespoons canola or olive oil
- ½ teaspoon salt
- 1¼ to 1½ cups all-purpose flour
- Non-stick cooking spray

Directions

1. In a large bowl, add water, yeast, and whole wheat flour. Mix well.
2. Add oil, salt, and 1¼ cups all-purpose flour. Mix well. If dough is very sticky, add remaining ¼ cup all-purpose flour. Blend until dough holds its shape.
3. Place dough on a lightly floured surface. Knead until smooth and elastic, about 5 minutes. Knead by pushing down and forward on the dough with the palms of your hands. Fold dough over onto itself. Push down and forward again.
4. Spray large bowl with non-stick cooking spray. Add dough. Cover with plastic wrap. Let sit at room temperature to rest and soften, about 30–60 minutes.
5. When dough is soft and supple, remove from bowl. Knead again for 1–2 minutes. Divide evenly into 2 balls.

Chef's Notes

- If you only want to make one pizza, or if you plan to make the pizza another time, save one or both dough balls for later use. Store dough in a lightly oiled zip-top plastic bag for up to 2 days in the refrigerator or 1 month in the freezer. Defrost frozen dough in the refrigerator overnight. Let refrigerated dough come to room temperature on the counter before using.

The Works Pizza

Serves 8, 1 slice per serving

Ingredients

- 1 large onion
- 1 medium green bell pepper
- 1 medium red bell pepper
- 8 ounces button mushrooms
- 2 medium tomatoes
- 1 (6-ounce) block mozzarella cheese
- 1 Tablespoon canola oil
- 1 frozen or refrigerated whole wheat pizza dough, defrosted
- Non-stick cooking spray
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1 (8-ounce) can tomato sauce, no salt added

Optional Ingredients

- ¼ teaspoon dried parsley
- 15 (2-inch diameter) turkey pepperoni slices

Directions

1. Preheat oven to 450°F.
2. Rinse and peel onion. Rinse peppers, mushrooms, and tomatoes. Dice onion, peppers, and tomatoes into ½-inch pieces. Slice mushrooms ¼-inch thick.
3. Grate cheese.
4. In a large skillet over medium-high heat, heat oil. Add onions, mushrooms, and peppers. Cook for 3 minutes. Remove from heat and stir in tomatoes.
5. Shape dough into a 12-inch pizza round. Use your fingers to stretch and spread the dough.
6. Coat a baking sheet with non-stick cooking spray. Place pizza dough in center of sheet.
7. Mix dried basil and dried oregano into tomato sauce. If using dried parsley, add now. Spread a layer of sauce across dough.
8. Sprinkle cheese evenly across dough. Spread vegetable mixture evenly over the pizza. If using turkey pepperoni, add a layer of slices now.
9. Bake pizza until cheese is melted and crust is browned on the sides and bottom, about 20-25 minutes. Remove from oven.
10. Let rest for 2 minutes. Using a sharp knife, cut into 8 pieces.

Nutrition Facts

Serving Size 1/8 of pizza
Servings Per Recipe 8 slices

Amount Per Serving	
Calories 200	Calories from Fat 80
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 320mg	14%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Sugars 6g	
Protein 10g	
Vitamin A 20% •	Vitamin C 70%
Calcium 15% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chef’s Notes

- Make your own whole wheat dough. Or, look for prepared whole wheat pizza dough in the refrigerator section of your store.
- Try making a calzone. Lightly coat a baking sheet with non-stick cooking spray. Lay dough on sheet. Cover half the dough with sauce, cheese, and veggies. Fold the dough in half over toppings and seal the edges. Bake for 6 minutes. Turn over, then bake an extra 6 minutes.
- Make mini pizzas using English muffins or pita bread for the crust.
- Top pizza with any seasonal veggies you like. Try broccoli, red onion, zucchini, or others.
- Instead of using canned tomato sauce, make your own.
- For a crispier crust, precook the crust for 10 minutes after step 7, and then reduce the cooking time in step 10 to 10-15 minutes.

Pasta With Roasted Vegetables

Serves 8, 1½ cups per serving

Ingredients

- 1 medium onion
- 1 small summer squash, or ½ medium winter squash
- 1 handful mushrooms
- 1 small head cauliflower
- ¼ cup canola oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- Non-stick cooking spray
- 1 (16-ounce) package whole wheat pasta

Optional Ingredients

- 1½ cups grated Parmesan or Romano cheese
- ¼ cup torn fresh basil

Nutrition Facts

Serving Size 1 1/2 cups
Servings Per Recipe 8

Amount Per Serving	
Calories 310	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 50g	**18%**
Dietary Fiber 7g	**25%**
Sugars 3g	
Protein 10g	
Vitamin A 0% •	Vitamin C 25%
Calcium 2% •	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. Preheat the oven to 425°F.
2. Rinse and peel onion. Rinse squash, mushrooms, and cauliflower. Chop vegetables into bite-size pieces, all equal size.
3. In a medium bowl, add oil, salt, pepper, and cut veggies. Stir until veggies are well coated.
4. Spray a baking sheet with non-stick cooking spray. Spread veggies on the baking sheet in a single layer. Roast until veggies are browned at the edges, about 30–35 minutes.
5. During last 10 minutes of baking time, cook pasta following package directions. Reserve ½ cup of pasta water. Drain pasta.
6. In a large skillet, add veggies and drained pasta. Heat over medium heat for 2–3 minutes. Stir frequently. Add some of the reserved pasta water to moisten and make a sauce.
7. Transfer mixture to a serving bowl. If using grated cheese and fresh herbs, add now. Serve hot.

Chef's Notes

- To cut costs, use whatever veggies are in season or on sale. Try different combinations like halved plum tomatoes and broccoli, or red onion and chunks of butternut squash. Or, use thawed frozen veggies. Be sure to pat dry before using.
- Try serving this dish with marinara sauce.
- Use any whole wheat pasta you like, such as penne, rigatoni, shells, or bow tie.
- For more heat, add ¼ teaspoon ground cayenne pepper to the veggies in step 3.

Rolled Oats and Peanut Butter Cookies

Serves 18, 2 cookies per serving

Ingredients

- 1 ripe banana
- ½ stick (4 Tablespoons) unsalted butter
- ⅓ cup granulated sugar
- ½ cup peanut butter
- ⅓ cup light brown sugar, packed
- 1 large egg
- ½ teaspoon vanilla extract
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ teaspoon baking soda
- ⅔ cup rolled oats

Optional Ingredients

- ½ cup raisins (or ⅓ cup chocolate chips)

Nutrition Facts

Serving Size 2 cookies
Servings Per Recipe 18

Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 70mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 3g	
Vitamin A 2% •	Vitamin C 0%
Calcium 2% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Directions

1. Preheat oven to 375°F.
2. Mash the banana with a fork.
3. Cut butter in half. In a microwave-safe bowl, heat in microwave 10–15 seconds to soften. Be careful not to melt butter.
4. In a large bowl, use a mixing spoon to blend butter, banana, and sugar.
5. Add peanut butter and brown sugar. Continue mixing until completely combined.
6. Add egg and vanilla. Mix until smooth.
7. Add flours and baking soda. Mix until smooth.
8. Stir in rolled oats. If using chocolate chips or raisins, gently stir in now.
9. Scoop dough with a teaspoon. Shape into 1-inch balls. Place dough balls 2 inches apart on an ungreased baking sheet. Flatten dough balls by using a fork to make a criss-cross pattern on the cookies.
10. Bake on middle rack of oven until cookies are lightly browned on bottom, about 8–10 minutes. Remove from oven. Let sit 5 minutes to firm up. Remove from tray.

Chef’s Notes

- Cookies may take a little more or less time to brown depending on your oven.
- For a quick snack, crumble cookies on top of ½ cup low-fat plain yogurt