

# D-H Culinary Medicine Program

## Imagine Food as Medicine



### Whole Grain Sauté

Servings: 4 Servings (1 cup)

Prep Time: 30-40 minutes

Cook Time: 20 minutes

#### Ingredients:

- 1 cup grain (rinsed in sieve)
- 1 carrot
- 1 large onion
- Olive oil
- Fresh chopped herbs (or spices)
- Salt and pepper to taste

#### Preparation:

- Rinse and boil grain in 3 cups of water for 25-40 minutes. Drain and set aside
- Meanwhile, finely dice onion and carrots
- Sauté onions and carrots in olive oil until brown and tender
- Add any spices and sauté (toast) briefly to bring out flavor
- Add grain, combine and heat, folding in any chopped herbs



#### **Nutrition information (per serving)**

Calories 247 · Total fat 10 g · Saturated fat 1 g · Sodium 35 mg · Total carbohydrate 35 g Dietary fiber 6 g · Sugars 5 g · Protein 5 g

#### **Tips from the Dietitian**

- Unprocessed whole grains include fiber, protein, and fat and ideally should be included 1-3 times daily.
- Data support fiber from unprocessed whole grains as unequivocally supportive of gut, brain and heart health. Olive oil also supports heart health.
- Balance your plate with the other food groups. Add veggies and lean protein such as chickpeas or chicken.

#### **Tips from the Chef**

- Switch up your veggies – add scallions, chopped cauliflower, or spinach
- Toasted almonds or some dried fruit like yellow raisins can add nutrition and flavor