Whole Grain Sauté
Servings: 4 Servings (1 cup)
Prep Time: 30-40 minutes
Cook Time: 20 minutes

Ingredients:

• 1 cup grain (rinse 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 · Sugar 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