



Newsletter October, 2014

**Food Stamp Nutrition  
Education Program**

**TEXAS A&M  
AGRI LIFE  
EXTENSION**

Texas A&M AgriLife Extension Service, Texas Department of Human Services, and USDA Food & Nutrition Services Cooperating

Sherril Halsell, CEA, FCS, Clay County, Texas A&M AgriLife Extension Service, 210 W. Ikard, Suite B., Henrietta, Texas 76365  
940/538-5042 \* 940/538-5052 \* FAX 940/538-5653 \* [shalsell@ag.tamu.edu](mailto:shalsell@ag.tamu.edu)

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**Simply Good Food  
GRAINS**

Grains provide complex carbohydrates, protein, a very small amount of fat, many of the B-complex vitamins, and minerals.



**BUYING & STORING GRAINS**

Freshness is an important consideration. Whole grains are more perishable than refined products. Buy whole grains in amounts you can use within 1 month and store them in tightly covered jars in the pantry or refrigerate or freeze them in freezer bags or sealed container for up to 2 months. Signs of rancidity are an off odor before cooking and a bitter taste when cooked.

**COOKING GRAINS**

Cooked grains can be refrigerated for at least 3 days. Toasting a grain before you simmer it in liquid brings out the fragrance. Spread in a heavy saucepan or skillet and heat over medium heat, stirring often, until the grain smells rich and toasted, usually in just a few minutes. Another way to enhance flavor is to cook the grain with a well-seasoned liquid instead of plain water. Stocks made from chicken, meat, dried mushrooms, and vegetables can be substituted. Also, you can add tomatoes, apple juice, and milk. Combining 2 or 3 grains in one dish yields a sum greater than its parts in mingled fragrances and textures. Example: brown rice & pearl barley, basmati or other long-grain rice & bulgur, bulgur & buckwheat, cornmeal & amaranth, and hulled barley and wheat berries.



**TYPES OF GRAINS**

- |           |           |
|-----------|-----------|
| Amaranth  | Barley    |
| Polenta   | Millet    |
| Rice      | Rye       |
| Wheat     | Wild Rice |
| Buckwheat | Cornmeal  |
| Grits     | Hominy    |
| Oats      | Quinoa    |
| Teff      | Triticale |

**WHOLE WHEAT**

Did you know:

- ➔ Wheat is the third most-produced grain in the world.
- ➔ Whole wheat is the most common grain used in breads, pastas, and other grain foods in America.
- ➔ Whole wheat is a good source of iron, fiber and calcium.
- ➔ A bushel of wheat contains approximately one million individual kernels!
- ➔ Kansas is top producer of wheat in the United States.
- ➔ Wheat that has been pre-cooked and broken into pieces is called Bulgur.
- ➔ Whole wheat is rich in complex carbohydrates.
- ➔ Wheat provides 20% of total calorie intake consumed by humans in the world.

**QUINOA**

Did you know:

- Quinoa is harvested late in March.
- Quinoa grows on magenta stalks that grow from 3 to 9 feet tall.
- Quinoa is a good source of protein, iron, calcium and fiber.

- ☛ Quinoa can survive on only 3 to 4 inches of rainfall per year!
- ☛ There are over 120 different kinds of quinoa.
- ☛ Quinoa can be made to make cereals, pasta and beverages.
- ☛ Quinoa is one of the only plant foods that is a complete protein.
- ☛ NASA has proposed quinoa as an ideal food for long-duration space flights.

## RECIPES

### *Cinnamon & Berry Quinoa*

- 1 cup (1%) low-fat milk
- 1 cup water
- 1 cup rinsed quinoa
- 2 cups fresh blackberries
- ½ teaspoon ground cinnamon
- 1/3 cup chopped pecans, toasted
- 4 teaspoons organic agave nectar



Wash hand and work area before cooking. Combine milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in blackberries and cinnamon; transfer to 4 bowls and top with pecans. Drizzle 1 teaspoon agave nectar over each serving.



## *Breakfast Pumpkin Cookies*

- 1 ¾ cups pumpkin, pureed, cooked
- 1 ½ cups brown sugar
- 2 eggs
- ½ cup vegetable oil
- 1 ½ cups flour
- 1 ¼ cups flour
- 1 ¼ cups whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon salt
- ¼ teaspoon ground ginger
- 1 cup raisins
- 1 cup chopped walnuts

Preheat oven to 400°F. Mix pumpkin, brown sugar, eggs and oil thoroughly in a small bowl. Blend dry ingredients and add to pumpkin mixture. Add raisins and nuts. Drop by teaspoonful's on greased cookie sheet. Bake 10-12 minutes until golden brown.

*Source: Prepared by: "Simply Good Food" a Texas A&M AgriLife Extension Publication, Deana Sageser, Med, CEA-FCS Hale County Wheat Foods Council, Joy of Cooking & Food & Health Communications, Inc., and modified by Sherri Halsell, County Extension Agent, FCS, Clay County.*

If you would like to contact me please do so at my office at 210 W. Ikard, Suite B, Henrietta (next to the post office) or call 940/538-5042, 538-5052, or email [swhalsell@ag.tamu.edu](mailto:swhalsell@ag.tamu.edu).

*Sherri Halsell*

**Sherri Halsell, County Extension Agent, Family & Consumer Sciences, Clay County**

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Clay County Office of Texas A&M AgriLife Extension Service at 940/538-5042 or 538-5052. In accordance with Federal law and U.S. Department of Agriculture's Policy, Better Living for Texans Food Stamp Nutrition Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.