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# Cooking Whole Grains

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Compared to refined or “white” grains, whole grains are usually chewier and have a nuttier, fuller flavor. You may find this unfamiliar at first but try to stick with it until your palate adjusts and then reap the health benefits.

## Standard Method

1. Add the selected uncooked grain to a saucepan.
2. Add the amount of liquid needed, based on the package directions.
3. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cover the pot with a lid and cook until the grain is tender.

## Pilaf Method

1. Sauté flavorful vegetables and/or spices (e.g., onion, garlic, mushrooms) with oil in a saucepan (pot) over medium heat.
2. Add the selected uncooked grain. Cook and stir until fragrant, about 1-3 minutes.
3. Continue cooking with Standard Method steps 2-3

## Whole Grain Cooking Tips

- **Adjust as needed** – Grains can vary in the amount of time they take to cook. Set a timer to end about 3-5 minutes early to check for doneness. If the grain is tender, remove from the heat and drain any excess liquid. If not yet tender, continue to cook and add more liquid if needed.
- **Fix the stick** – If the grains are sticking to the bottom of the pot after they are done cooking, turn off the heat and add 1-2 tablespoons of water. Cover with the lid and let sit for 3-5 minutes to loosen the stuck-on grains.
- **Prep ahead** – Consider cooking a bigger batch of whole grains to keep in the refrigerator for up to 5 days. Add to recipes as desired or simply reheat and serve, adding a little water or broth if the grains are starting to dry out.