

Whole Grain Recipes

Peachy pancakes

Ingredients

1 egg
3 teaspoons baking powder
1 tablespoon white or brown sugar
2 tablespoons vegetable oil
 $\frac{1}{2}$ cup chopped fresh or canned, drained peaches

1 cup whole wheat flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{3}{4}$ cup milk

Directions

Beat egg in medium bowl until fluffy. Beat in other ingredients except peaches until batter is smooth. Stir in peaches. Lightly grease the skillet with shortening, if needed. Pour about $\frac{1}{4}$ cup batter on to the hot skillet for each pancake. Cook pancakes until puffed and dry around the edges. Turn and cook other sides until golden brown.

Makes nine 4-inch pancakes

Whole grain cereal parfait

Ingredients

$\frac{1}{2}$ cup fresh or frozen fruit
 $\frac{1}{2}$ cup crushed whole grain cereal

1-8 ounce carton of vanilla or lemon yogurt

Directions

Spoon $\frac{1}{4}$ cup of the fruit each into two individual bowls. Top each with $\frac{1}{2}$ of the yogurt. Sprinkle 2 tablespoons of crushed cereal over yogurt in each dish. Serve immediately or cover and chill.

Makes 2 servings

Easy Chicken Nuggets

Ingredients

4 cups whole grain flake cereal

1 pound boneless skinless chicken breasts cut into 1 inch pieces

$\frac{1}{2}$ cup Italian dressing, honey mustard or red pepper sauce

Directions

Heat oven to 425 degrees. Spray baking sheet with cooking spray. Crush cereal; place in bowl. Dip chicken pieces into dressing; then roll in cereal until well coated. Place in pan. Bake about 10 minutes or until no longer pink in center.

Makes 4 servings

Pocket Fruit Pies

Ingredients

4 whole wheat tortillas

1 large apple or 2 medium peaches or pears

$\frac{1}{4}$ teaspoon ground cinnamon

2 tablespoons brown sugar

$\frac{1}{8}$ teaspoon nutmeg

Milk

Sugar (optional)

Directions

Warm tortillas in microwave or oven to make them easier to handle. Peel and chop fruit in small pieces. Place $\frac{1}{4}$ cup of the fruit on half of each tortilla. In a small bowl, stir together brown sugar, cinnamon, and nutmeg. Sprinkle over fruit. Roll up the tortillas, starting at the end with the fruit. Place on an ungreased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired. Bake at 350 degrees for 8 to 12 minutes or until lightly brown. Serve warm or cool.

Makes 4 servings

Layered Chex Mex Casserole

Ingredients

4 $\frac{1}{2}$ cups Corn Chex cereal 2 cups red or spicy chili beans, undrained
2 cups shredded Cheddar cheese (8 ounces)
1 $\frac{1}{2}$ cups salsa Sour cream if desired

Directions

Heat oven to 350 degrees. In an ungreased baking dish, spread 2 $\frac{1}{2}$ cups of the cereal. Spoon beans evenly over the cereal. Sprinkle with 1 cup of the cheese. Spoon salsa evenly over cheese. Sprinkle with remaining 2 cups of cereal and 1 cup of cheese. Baked uncovered 20 to 25 minutes or until hot and cheese is melted. Serve hot or cold with sour cream.

Makes 6 servings

Cranberry Orange Snack Mix

Ingredients

3 cups of corn Chex cereal 3 cups rice Chex cereal
3 cups wheat Chex cereal 1 cup sliced almonds
 $\frac{1}{4}$ cup margarine, melted $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup thawed frozen orange juice concentrate
1.2 cup dried cranberries.

Directions

Heat oven to 300 degrees. In large bowl, mix cereal and almonds. In microwavable bowl, mix butter, brown sugar and juice concentrate. Microwave uncovered on High for 30 seconds; stir. Pour over cereal mixture, stirring until evenly coated. Pour into ungreased large roasting pan. Bake uncovered for 30 minutes; stirring after 15 minutes. Remove from oven. Stir in cranberries and cool completely.

Makes 20 servings

Banana Wrap

Ingredients

1 whole wheat or flour tortilla 1 tablespoon peanut butter
1 tablespoon strawberry or grape jelly
1 large banana, peeled

Directions

Spread peanut butter on one side of tortilla. Spread jelly over peanut butter. Place banana at edge of tortilla. Roll tortilla until banana is completely wrapped up.

Makes 1 serving

Vegetable Burrito

Ingredients

1 tablespoon olive oil $\frac{1}{2}$ medium onion, sliced in thin strips
1 medium zucchini, sliced in thin strips
1 medium yellow bell pepper, sliced in thin strips
1 medium tomato, chunked
2 whole wheat flour tortillas

In a skillet over medium-high heat, sauté onions in olive oil until tender. Add zucchini, bell pepper and tomato. Cook until tender. Heat the tortilla in a microwave or in a second skillet over low heat until warm. Place warm tortillas on a flat working surface. Spread vegetable mixture across the center of the tortillas. Fold edges of tortillas in toward the vegetables and roll remaining edges to form a burrito. Serve immediately.

Makes 2 servings

French toast

Ingredients

3 eggs
1/3 cup milk

8 slices whole wheat bread
margarine

Directions

1. Beat the eggs and milk together.
2. Soak each slice of bread for about 2 seconds on each side in the egg mixture.
3. Heat a skillet or griddle to medium high. Melt one tablespoon margarine in the skillet. Add two or more slices of dipped bread and cook on medium heat, flipping slices to keep from sticking.
4. Cook until golden brown on each side.
5. Sprinkle with cinnamon or cinnamon/sugar and top with warmed fruit such as apple, banana, peach, or pear slices.

Makes 8 slices

Rice casserole

Ingredients

1 package dry onion soup mix
1 tablespoon margarine

1 cup regular brown rice (not instant)
2 cups water

Directions

6. Preheat oven to 375°.
7. Bring water and margarine to a boil. Add soup mix and rice.
8. Pour into a small casserole dish.
9. Bake covered at 375° for 45 minutes.

Makes about 8 servings

Tortilla pizza

Ingredients

1 whole wheat tortilla	$\frac{1}{2}$ cup chopped onion
$\frac{1}{2}$ cup tomato or marinara sauce	Other toppings of your choice
$\frac{1}{2}$ cup chopped green pepper	1 cup mozzarella cheese, shredded

Directions

10. Preheat oven to 400°.
11. Spray pizza pan or cookie sheet with no-stick spray.
12. Place tortilla on pan. Spread tomato sauce on top. Layer your other toppings on, one kind at a time.
13. Sprinkle the cheese over all.
14. Bake at 400° for 5 minutes, until cheese melts.

Makes 1 pizza