



Smart Food Foundation

# Smart Food for Healthy Lives



**Easy recipes to help you cook delicious,  
nutritious and inexpensive meals**



# Smart Food Foundation

The Smart Food Foundation wants to help you and your family to live long and healthy lives through nutritious cooking and eating. This recipe booklet will give you some ideas for how you can do this. ***It isn't expensive to eat healthy*** – in fact it's much cheaper than eating out or buying pre-cooked foods. The recipes in this booklet cost about \$1.00 per serving! That means you can feed your entire family for just a few dollars.

Most of the recipes here can be interchanged with whatever grains or beans you have available. You can also use any vegetables you have available. This is just a starting point, so be creative!

Another good place to find recipes is on the internet. Just go to a search screen, such as Google, and type in the ingredients you have. Many recipe options will show up, and your family will be able to enjoy a large variety of healthy meals.

Cooking meals at home is not only healthier and less expensive, it also brings families together. We at the Smart Food Foundation hope you and your family will cook together, eat together, and enjoy a long, healthy life together!

*For more information and recipes, please go to [www.smartfoodfoundation.org](http://www.smartfoodfoundation.org)*

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# Nutrition Tips

Good nutrition sounds complicated, but you can boil it down to two simple rules:

1. **eat mostly natural foods**
2. **limit added sugar, refined grains and processed meat**

If you follow these two tips, you'll have a healthy diet, and dramatically reduce your chances of obesity, diabetes and heart disease. There are many great combinations of natural foods (unprocessed or minimally processed foods), so find a balance that works for you. But here's a good model to try, along with a few more healthy eating tips:

**Eat Fruits and Vegetables.** Try making fruits and vegetables about half the food you eat. Vegetables are especially good for you, full of the vitamins and minerals your body needs. Aim for variety, but dark green, bright red, orange and yellow ones are the best. Eat fruit with breakfast, and try snacking on fruit instead of junk food during the day. But limit potatoes and fruit juice, both quickly convert to blood sugar and body fat. One other warning about fruits and vegetables - they are low in calories, so you'll probably need to eat other foods to get all the energy your body needs.



**Eat Whole Grains.** Try making whole grains about a quarter of the food on your plate. The best are intact grains like oats, brown rice and wheat berries. They are rich in nutrients, convert to blood sugar fairly slowly, and are less likely to turn into body fat. For breakfast, try oatmeal and fruit. Rolled oats are a lot better for you than instant oatmeal. For dinner, try replacing white pasta with whole grains like brown rice or wheat berries. Whole wheat bread and whole corn tortillas are also OK.



**Eat Healthy Proteins.** Try making healthy proteins about a quarter of what you eat. Beans, eggs, fish, chicken, nuts and tofu are all great choices. If you like red meat, eat it in moderation, but avoid processed meats such as bacon and sausage as much as possible.



**Drink Water.** Drink water instead of sugary beverages or fruit juices. It should be your primary beverage. It's also a good idea to add 1-2 cups of dairy per day for calcium and strong bones.



**Eat Healthy Oils and Fats.** Try to eat 3-4 tablespoons per day of healthy oils like olive and canola, or a handful of healthy nuts like peanuts and almonds, or other foods rich in healthy fat like salmon and avocado. It's kind of surprising, but healthy fat helps you lose weight, improve cholesterol levels and reduce your chances of heart disease. Fats and oils digest more slowly than any other types of foods and are less likely to turn into body fat. They keep you feeling full longer so it's easier to avoid overeating.



**Cook!** Cook as often as you can. Home cooked meals based on natural ingredients are far healthier than processed foods, and usually less expensive. And if you know how to cook, they're much tastier too. Add salt in moderation. If you avoid salty processed foods, it's unlikely you'll get too much salt in your diet.



**Limit added sugar.** Avoid sugary drinks completely, and try to avoid foods where sugar is one of the first three added ingredients. Added sugar is more likely convert to body fat than natural sugars. It also tends to overwhelm your natural appetite control system, so we eat far too much of it. Americans now consume on average over 150 pounds of added sugar each year! Added sugar is probably the #1 cause of the epidemic of obesity and diabetes in this country.



**Limit Refined Grains.** Limit foods made with refined grains like white bread. Refined grains have had their nutrition-rich fiber stripped away, so that all that is left are starchy empty calories. They have little nutritional value. Even worse, refined grains are very quickly digested and stored as fat, and tend to make you fatter and hungrier soon after eating. A diet rich in refined grains often leads to obesity and diabetes.



**Limit Processed Meats.** Processed meat (such as bacon, sausages, hot dogs, deli meats and most fast foods) contain lots of saturated fat, sodium, and preservatives, which increase your risk of heart disease, diabetes, high blood pressure, stomach cancer and colon cancer. So it's best to avoid processed meat as much as possible.

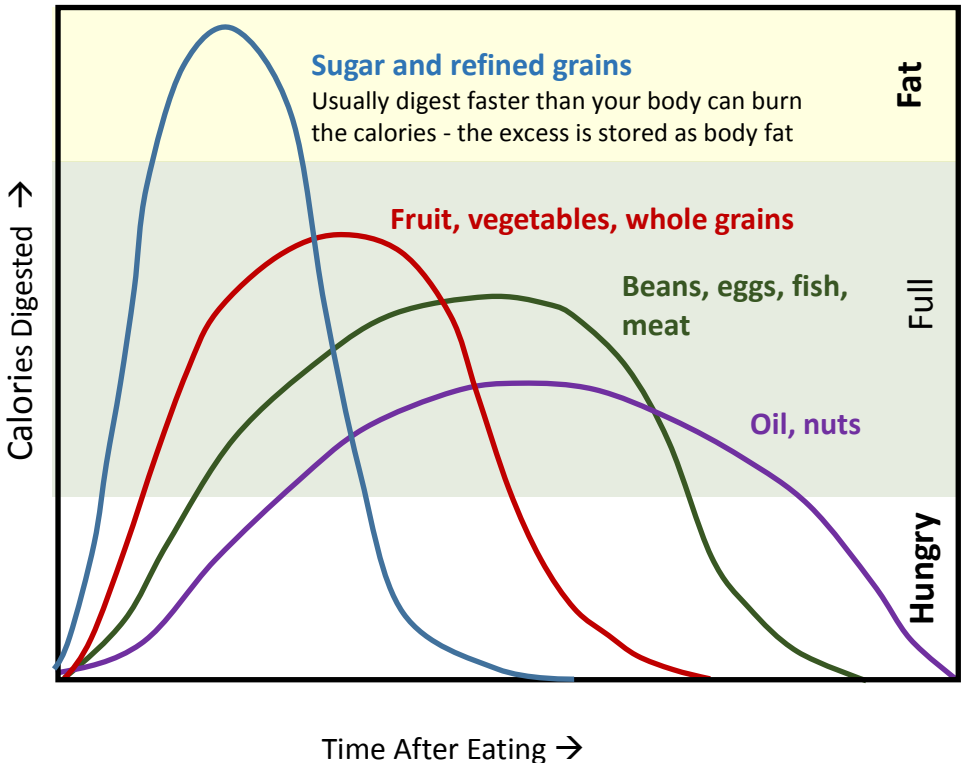


## Why Sugar and Refined Grains Are Bad for You

Sugar and refined grains aren't just empty calories. They change your metabolism in a way that often leads to obesity and diabetes. The chart shown below illustrates how this works. Sugar and white flour are quickly digested and converted into a rush of blood sugar. Too much blood sugar is toxic to your body. Your body responds by quickly getting the sugar out of blood by storing it as body fat. This soon leaves you feeling hungry again, often even hungrier than you were before. Over time, this cycle often leads to obesity and diabetes.

Fruits and vegetables, whole grains, eggs, fish, meat, and especially nuts and oils digest more slowly. These foods keep you feeling full longer, are less likely to turn into body fat, and help you avoid diabetes.

**How Your Body Digests Different Types of Food**

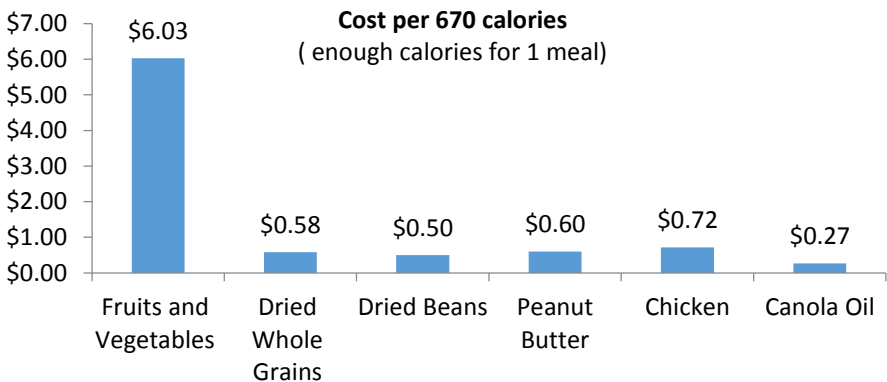


## Why Eat a Balanced Healthy Meal?

Many people think they'll have a healthy diet if they eat fruits and vegetables and then fill in the rest with less healthy processed foods. That's usually not the case.

You need about 2000 calories per day to cover your basic energy needs. Fruit and vegetables only have about 200 calories per pound, so even if you eat 2 pounds of fruits and vegetables a day, your body will want another 1600 calories per day more. If most of those calories are unhealthy processed food, you'll still be at a high risk of obesity, diabetes and overall poor nutrition. It's much healthier to balance out your meal with whole grains, beans, meat and oil, all of which have important nutrients your body needs.

It's also much less expensive to eat this kind of a balanced healthy meal. The table below shows the cost per calorie of different food types. When you look at foods on a per calorie basis, fruits and vegetables are very expensive. You need them in your diet for the vitamins and minerals they provide. But it's much less expensive (and healthier) to also include the other foods that are shown below.



So make sure the non-produce part of your diet is also healthy, since that is usually where most of the energy your body needs will come from. The recipes in this cookbooks show you how combine these healthy ingredients into tasty, balanced meals that will typically cost around \$1 per serving. So if you can cook, you can eat meals that are tastier, healthier AND less expensive than processed food.



# RECIPES



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## How to Cook Dried Grains and Beans

*Cook a large amount of these items and refrigerate them for future use.*

**Black Beans.** For each serving, combine  $\frac{1}{4}$  cup black beans and 1 cup water into a pot. Boil 3 minutes, then cover and simmer until tender (usually 45-90 minutes). Add water as necessary to keep it above the beans. When done, drain excess water, season and serve.

**Pinto Beans.** For each serving, combine  $\frac{1}{4}$  cup pinto beans and 1 cup water into a pot. Boil 3 minutes, then simmer until tender (usually 60-120 minutes). Add water as necessary to keep it above the beans. When done, drain excess water, season and serve.

**Green Lentils.** For each serving, combine  $\frac{1}{4}$  cup lentils with 1 cup of water into a pot. Boil 3 minutes, then cover and simmer until tender (usually 15-30 minutes). Add water if necessary to keep it above the beans. When done, drain excess water, season and serve.

**Brown Rice.** For each serving, combine  $\frac{1}{2}$  cup brown rice with  $1\frac{1}{2}$  cup water in a pot. Bring to a boil and stir briefly. Then cover and simmer until all the water is absorbed (usually about 30 minutes). Remove from heat and let stand for 10 minutes with lid on.

**Wheat Berries.** For each serving, combine  $\frac{1}{2}$  cup wheat berries with 3 cups water in a pot and boil for 3 minutes. Then cover and simmer until tender (usually 45-60 minutes). Keep water level above the grains while simmering. Serve in place of pasta or noodles.

**Oats.** To serve as oatmeal, for each serving, combine  $\frac{1}{2}$  cup oats with 1 cup milk or water and bring to a boil. Then simmer and stir occasionally for about 5 minutes. To serve as a cold breakfast cereal, just add milk. Sweeten with fruit and nuts.

## General Suggestions for Cooking Vegetables

If you'd rather not follow a set recipe, this is a general guideline you can follow for cooking a variety of dishes. By using different spice combinations and cooking techniques, you can create your own delicious meals using whatever ingredients you have available.

<b>Stir Fried Vegetables</b>	Cook chopped onions and garlic in a pan with olive oil until well done. Add selected vegetables (and meat or eggs if desired) and stir fry until tender. Add spices* when food is almost cooked. Serve with cooked whole grains or beans.
<b>Roasted Vegetables</b>	Place vegetables in a casserole dish, drizzle with canola oil and sprinkle spices* on top. Roast in oven at 400 degrees for 20 minutes.
<b>Vegetable Soup or Stew</b>	Briefly brown vegetables (and meat if desired) in a frying pan with garlic and olive, then put into a pot with liquid such as chicken stock or even just water. Add spices*. Add cooked whole grains or beans. Simmer until tender.

### **\*SPICES**

- **Indian:** curry (hot), cumin, ginger, cinnamon
- **Asian:** red pepper flakes, ginger, soy sauce, cilantro
- **Mexican:** cayenne pepper (hot), chili powder (hot), cumin, cilantro
- **Italian:** garlic powder, red pepper flakes (hot), basil, Italian spices

Approximate amounts of spices to use for a typical 4 serving meal:

- Powdered spices: 1 teaspoon
- Dried spices: 1 tablespoon
- Hot spices: ½ teaspoon
- Fresh spices: ¼ cup

# Black Bean Salad

*Add cooked chicken to this salad to make it a main course.*

Makes 6 servings, 1 cup per serving

Prep time: 20 minutes

Cook time: 0 minutes

## Ingredients

- 2 cups of cooked black beans (*or 1 can black beans, rinsed and drained*)
- 2 (15 oz) cans whole kernel corn, drained
- 8 green onions, chopped
- 2 jalapeno peppers, seeded and minced
- 1 green bell pepper, chopped
- 1 avocado - peeled, pitted and diced
- 3 tomatoes, seeded and chopped
- Juice of 1 lime
- ¼ cup vegetable oil
- 3 tablespoons vinegar
- 1/2 teaspoon garlic powder
- 2 teaspoons cumin

## Preparation

Combine ingredients, chill, and serve.



## Cuban Beans and Rice Salad

*The spices in this salad add a unique flavor with a mild spicy kick to the traditional black bean preparation. It can be prepared quickly and made in advance.*

Makes 6 servings, 1 cup per serving

Prep time: 15 minutes (assumes rice and beans are cooked in advance)

Cook time: 0

### Ingredients

- tablespoon olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- teaspoon cumin powder
- ½ teaspoon cayenne powder
- 1 diced avocado
- 2 tablespoons red wine vinegar
- 3 cups cooked brown rice (1 ½ cups dry rice cooked in 4.5 cups water or broth until done)
- 1 cup chopped, seeded tomatoes (about 3 tomatoes)
- 1 bunch of fresh greens such as Swiss chard, kale or spinach, cut into pieces.
- 1 cup dried black beans, soaked overnight and cooked 45 minutes in water until tender (*or 1 can of rinsed and drained black beans*)
- 3 tablespoons cilantro



### Preparation

- 1 Combine first 7 ingredients in a bowl and toss gently.
- 2 Add rice, tomatoes, beans, greens and cilantro.
- 3 Serve chilled or at room temperature.

## Southwest Spicy Black Bean Salsa

*This nutritious salsa dish can be used to spice up any dish, such as rice, chicken or burritos. Make enough to keep on hand for whenever you need it.*

Makes 8 servings, ½ cup per serving

Prep time: 20 minutes

Cook time: 0

### Ingredients

- 2 cups cooked black beans
- 2 cups of tomatoes, cut into small pieces
- 1 onion, cut into small pieces
- 1 green or red pepper, cut into small pieces
- 1 can of corn
- 1 small can (4 oz.) of diced jalapeno peppers
- ½ teaspoon garlic powder
- 1 tablespoon dried basil
- ½ cup olive oil
- ½ cup red wine vinegar
- ½ teaspoon salt
- ½ teaspoon pepper



### Preparation

1. Combine all ingredients and mix well.
2. Flavor improves with time, so make it in advance and refrigerate overnight.
3. Serve on top of salad or with rice or chicken. Limit use of chips!

# Lentil Veggie Soup

*This is a delicious, satisfying soup with easy to find ingredients.*

Makes 4 servings, 1 cup per serving

Prep time: 20 minutes

Cook time: 45 minutes

## Ingredients

- 1 tablespoon olive oil
- 1 celery stalk
- ½ medium onion, chopped
- 1 medium carrot, chopped
- 1 garlic clove, minced
- ¾ cup dried green lentils
- 1 quart (32 ounces) vegetable broth or water
- 1 medium sweet potato, peeled and chopped (*optional*)



## Preparation

1. Heat the oil in a large stockpot over medium-high heat.
2. Add vegetables and saute for 6 to 8 minutes, stirring frequently, until onion is translucent.
3. Add garlic and lentils and cook for 2 minutes, stirring constantly.
4. Add broth or water, bring to a boil and reduce heat to low.
5. Simmer soup for 30 to 40 minutes, stirring occasionally, until lentils are tender.
6. Just before serving, stir in some greens if available (spinach, Swiss chard, etc.)

## Spiced Lentils

*Indian and Mediterranean flavors combine in this quick lentil dish. Lentils are an excellent source of protein and fiber.*

Makes 4 servings, 1 cup each

Prep time: 10 minutes

Cook time: 20 minutes

### Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1-2 garlic cloves, minced or 1/4 teaspoon garlic powder
- 1 carrot, chopped
- 2 cup green lentils
- 1 ½ teaspoons curry powder
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon cumin
- ¼ teaspoon cinnamon
- 5 cups chicken broth or water
- ½ cup raisins (optional)
- ½ cup chopped almonds (optional)
- 1 cup cooked chicken (optional)



### Preparation

1. Sauté olive oil, onion, carrots and garlic in a saucepan over medium heat for about 5 minutes.
2. Stir in the lentils, curry, salt, pepper, cumin, cinnamon and broth or water.
3. Bring to a boil, then reduce heat to medium-low, cover, and simmer 20 minutes until the lentils are tender. Add more broth or water if necessary.
4. Stir in the chicken, raisins and almonds (if using).



## Fruity Oatmeal

*This dish makes a satisfying and delicious breakfast. You can also substitute wheat berries for the oats and use it as a side dish for chicken or fish.*

Makes 4 servings, 1 cup per serving

Prep time: 5 minutes

Cook time: 45 minutes

### Ingredients

- 1 cup oats
- 2 cups water
- 3 nectarines, peaches or other sweet fruit, cut into small pieces
- 1 teaspoon cinnamon
- ½ cup chopped almonds (optional)

### Preparation

1. Bring oats and water to a boil. Reduce heat, cover and simmer until tender, until all water is absorbed. Remove from heat.
2. Stir in fruit, cinnamon and almonds (if using).
3. Can be served hot or cold.



## Rolled Oats and Fruit

*Oats can be enjoyed raw or cooked. Add different fruit toppings to add variety to your breakfast or snack. If serving raw, use plain yogurt (or milk) on top. Flavored yogurts are full of sugar and wasted calories.*

Makes 2 servings, 1 cup per serving

Prep time: 5 minutes

Cook time: 10 minutes

### Ingredients

- 1 cup rolled oats
- 2 cups water or milk or yogurt
- Seasonal fruit, cut into small pieces
- ¼ cup raisins
- ½ cup chopped almonds (optional)

### Preparation (if serving cooked)

1. Bring oats and milk or water to a boil. Reduce heat, cover and simmer until tender and all water is absorbed, about 10 minutes. Remove from heat.
2. Stir in fruit, cinnamon and almonds (if using).



## Oat Bars

*This is a delicious cookie bar sweetened only by fruit with no sugar added. Serve it for breakfast or as a mid-day snack.*

Makes 12 squares

Prep time: 10 minutes

Cook time: 30 minutes

### Ingredients

- 3 cups oats
- ½ cup dried raisins or cranberries
- ¼ cup peanuts or almonds
- 1 cup applesauce (preferably unsweetened)
- ½ cup milk
- 2 tablespoons imitation vanilla extract
- ½ teaspoon salt
- 2 eggs
- 2 very ripe bananas



### Preparation

1. Add all ingredients in a large bowl and mix well
2. Spray or use cooking oil on a paper towel to grease a large 11" x 9" baking pan. (If you don't have this size pan, you can use another flat pan, but you will need to adjust the cooking time.)
3. Bake in a 400 degree oven for 20-25 minutes, until it is light brown.
4. Let cool for about 15 minutes and then cut into individual squares.
5. If you want them to stay soft, wrap them in plastic. Otherwise they will be crunchy.

## Pinto Bean Soup

*Any other vegetables, such as celery or bell pepper, can be added. Add a chopped jalapeno pepper or Tabasco sauce to give it a kick. Serve with some shredded cheese on top for added calcium and protein. Pinto beans are high in protein and fiber.*

Makes 4 servings, 1 cup per serving

Prep time: 20 minutes

Cook time: 45 minutes

### Ingredients

- 1 cup of cooked pinto beans
- 2 cups broth (chicken, vegetable or beef)
- 2 cups water
- 1 cup tomato sauce, tomato juice, or canned crushed tomatoes
- 1 onion, chopped
- 1/2 cup cooked brown rice
- 1 teaspoon each of dried oregano, basil and chili powder
- 1 clove garlic, minced
- Other vegetables including green pepper, celery or carrots



### Preparation

1. Sauté garlic for 2 minutes. Add chopped onions and cook until it is translucent.
2. Add beans, tomatoes, rice, dried herbs, water, broth and salt and pepper and bring to a boil. Once boiling, reduce to medium heat and cook for 30 minutes.

## One Pot Pinto Beans

*This is a delicious way to feed a large family a healthy, complete meal. The cheese added at the end makes it creamy and satisfying! It also tastes great for leftovers.*

Makes 8-10 servings, 1.5 cups per serving

Prep time: 5 minutes

Cook time: 45 minutes if using cooked beans

### Ingredients

- 12 cups cooked pinto beans (2 lbs. dried beans)
- 2 cups water or chicken broth or combination of each
- 5 cloves chopped garlic
- 4 cups chopped leafy greens, such as spinach, Swiss chard or kale
- 1 red onion, chopped
- ½ tablespoon cayenne pepper (add more if you want it spicier)
- Salt and pepper to taste
- 8 ozs. of cheddar or jack or mozzarella cheese
- 16 oz. Pico de gallo or other red salsa



### Preparation

1. Cook pinto beans in advance per instructions on package.
2. Combine water/broth, beans, garlic, onion, greens and cayenne in a big pot.
3. Season with salt and pepper.
4. Bring to a simmer and cover, stirring occasionally. Add liquid if the beans are drying out.
5. When all the ingredients are soft and cooked, mash the beans with a fork or potato masher to desired consistency.
6. Stir in cheese and salsa before serving.

## Simple Asian Stir Fry

*This meal will be delicious with any combination of available vegetables. The eggs provide additional protein to make this a complete, easy-to-make dinner that's sure to please everyone!*

Makes 4 servings, 1 cup each

Prep time: 10 minutes

Cook time: 45 minutes

### Ingredients

- 2 cups cooked brown rice
- 1 cup finely chopped vegetables, such as broccoli, peppers, squash, etc.
- 5 cups dark greens, such as kale, spinach, Swiss chard
- 1/4 cup chopped onion
- 2 cloves minced garlic or 1/4 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 tablespoon soy sauce (optional)
- 2 eggs, well-stirred (optional)



### Preparation

1. Place frying pan on a medium flame and add oil, garlic and onion. Cook for 3 minutes.
2. Add the finely chopped vegetables and cook until they are tender, about 2-3 minutes.
3. Add the greens and continue to cook for 2-3 more minutes.
4. Add the eggs, if using, and cook until they are done.
5. Add the cooked rice and season with salt, pepper, and soy sauce.

## Spicy Chicken Soup

*You can add any vegetables you may have in addition to those listed below for an even healthier and more delicious soup.*

Makes 6 servings, 1 cup per serving

Prep time: 15 minutes

Cook time: 15 minutes

### Ingredients

- 1 cup cooked brown rice
- 1 pound boneless, skinless chicken, cut into 1 inch pieces
- 1 tablespoon chili powder or 1.5 teaspoons of Cayenne powder
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons oil
- 2 large onions, cut into thick slices
- 5 cups chicken broth
- 4 large carrots, cut into thick slices
- 1 bunch of leafy greens, such as Swiss chard, kale or spinach, cut into pieces
- 1 can garbanzo beans, drained and rinsed
- 1 avocado, cut into chunks or slices
- 2 teaspoons lime peel and ¼ cup of lime juice



### Preparation

1. Combine the chicken, chili powder (or cayenne), salt and pepper.
2. Heat the oil, add the onions and garlic and cook until tender.
3. Add the broth, carrots and 2 cups of water. Cover and bring to a boil. Reduce the heat and simmer for 5 minutes.
4. Add the chopped greens, garbanzo beans and seasoned chicken. Lower the heat, cover, and simmer for about 8 minutes until the chicken is done.
5. Stir in the cooked rice, cover, and cook for 2 more minutes.
6. Remove from heat and stir in the lime peel, lime juice and avocado.



# Vegetable Soup with Rice

*This is an easy and nutritious way to use whatever vegetables you have and turn it into a basic vegetable soup that will please everyone. The vegetables listed below are simply suggestions. The only one you really need is onion. The more you add, the better the soup. Whenever you're having trouble coming up with a meal, think of this!*

Makes 8 servings, 1 cup per serving

Prep time: 15 minutes

Cook time: 30 minutes

## Ingredients

- 1 chopped onion
- 3 stalks celery, chopped
- 2 medium carrots, chopped
- 2 sliced zucchinis
- 2 yams or sweet potatoes, peeled and chopped
- 2 chopped tomatoes or 1 can of stewed tomatoes
- 2 cans of corn
- 4 cups of dark leafy greens
- 2 cups cooked brown rice
- 6 cups water or vegetable broth
- 1 tablespoon of Italian seasoning
- salt and pepper to taste



## Preparation

1. Saute the onion, celery and carrots in 3 tablespoons oil for about 5 minutes.
2. Add the remaining vegetables (except the corn and spinach) and the broth and the seasonings, and bring it to a boil.
3. Reduce the heat and simmer for about 20-30 minutes until the vegetables are tender.
4. Add the corn and spinach and cooked rice, and cook for another 5 minutes.



## Indian Style Vegetables and Brown Rice

*Indian spices make vegetables taste delicious. This recipe can also be used with wheat berries instead of brown rice, and it's always great to add chicken or pork if available.*

Makes 4 servings, 1 ½ cups per serving

Prep time: 10 minutes

Cook time: 15 minutes

### Ingredients

- 2 cups cooked brown rice
- 2 cups zucchini, cut into pieces
- 2 cups tomatoes, cut into pieces (or 1 can of tomatoes)
- 1 red pepper, cut into pieces
- 1 onion, cut into pieces
- 1 teaspoon ginger powder
- 1 teaspoon curry powder
- 2 minced garlic cloves (or 1/2 teaspoon garlic powder)
- ½ teaspoon red pepper flakes
- 2 tablespoons olive oil



### Preparation

1. Heat oil in a frying pan, then add red pepper flakes and garlic and cook for 3-5 minutes.
2. Add the vegetables and cook until tender, about 5-7 minutes.
3. Remove vegetables from heat. Stir in ginger and curry. Add cooked meat (if using).
4. Combine the vegetables with the cooked brown rice.

## Tropical Wheat Berry

*Wheat berries are an ancient nutritious wheat grain from Italy. This tasty dish uses curry and fruit for an exotic taste while the greens provide essential vitamins. Adding chicken and nuts can make this a complete meal.*

Makes 6 servings, 1 cup each

Prep time: 10 minutes

Cook time: 10 minutes

### Ingredients

- 2 cups cooked wheat berries
- 6 cups water or chicken broth
- bunch of dark leafy greens such as swiss chard, kale or spinach
- 3 oranges
- teaspoon curry powder
- teaspoon cinnamon
- teaspoon dried basil
- 1/2 cup sliced green onions
- 1 tablespoon olive oil
- 1 cup sliced peanuts or almonds (optional)
- 1 cup cooked chicken meat (optional)



### Preparation

1. Cut the greens into large pieces.
2. Slice one orange in half and squeeze the juice into a saucepan. Add the water (or broth) and bring to a boil.
3. Add the wheat berries, cover and simmer until tender (about 45 minutes). Drain any excess water.
4. Add the greens, stir, cover and remove from the heat for 10 minutes.
5. Cut remaining 2 oranges into small pieces.
  6. Stir in olive oil, curry powder, green onions, orange pieces, almonds (if using) and chicken (if using).

# Wheat Berry Spaghetti

*This is an easy and delicious spaghetti recipe. Wheat berries can be used in place of many pasta recipes, and it is far healthier for you than pasta. Adjust the seasonings in the recipe if you prefer more garlic, onion or other seasoning.*

Makes 6 servings, 1 cup per serving

Prep time: 30 minutes

Cook time: 30 minutes

## Ingredients

- 2 cups wheat berries
- 6 cups water or broth
- 2.5 cups chopped tomatoes
- 6 oz. can of tomato paste
- ½ chopped onion
- 1 teaspoon garlic powder or 2 cloves chopped garlic
- 1 teaspoon onion powder
- 1 tablespoon of Italian seasoning



## Preparation

1. Cook the garlic and onion in 4 tablespoons of olive oil for 5 minutes on medium heat.
2. Add the tomatoes, tomato paste, onion powder and Italian seasoning and any other spice which appeals to your family, such as cayenne, salt and pepper.
3. Simmer the sauce for about 20-30 minutes until the tomatoes are cooked and the sauce thickens.
4. While the sauce is simmering, cook the wheat berries per the instructions on the package. Drain well.
5. Combine the sauce and the wheat berries. Add parmesan cheese if desired.

## Wheat Berry Chicken Cacciatore

*This meal is typically made with whole pieces of chicken. This recipe simplifies this by using either a whole cooked chicken or just cutting up whatever chicken you have available. Use Wheat berries instead of pasta for a much healthier meal.*

Makes 6 servings, 1 cup per serving

Prep time: 30 minutes

Cook time: 30 minutes

### Ingredients

- One 4 lb. cooked chicken or 1-2 lbs. boneless chicken, either cut into large bite-sized pieces
- thinly sliced onion
- red or green pepper cut into thin slices
- 2 garlic cloves, chopped
- cups of chopped tomatoes or 2 cans of stewed tomatoes
- 2 cups of dark leafy greens
- tablespoon Italian seasoning
- Salt and pepper
- 2 cups of cooked Wheat Berries



### Preparation

1. If using uncooked chicken, add 2 tablespoons olive oil and cook until done. Remove chicken from pan and set aside.
2. Add onion and peppers to the hot pan. Add more oil if necessary, and cook on medium heat for about 10 minutes.
3. Add the garlic to the peppers and onion and cook another minute or two.
4. Add the tomatoes and stir in the seasoning.
5. Add the chicken to the pan, and cook on low heat for about 15 minutes.
6. Add the cooked Wheat Berries and the dark leafy greens and cook for another 5 minutes.

## Wheat Berry Stir Fry

*This is a very flavorful meal because of all the garlic and onions. It's a good way to get your family to eat a variety of vegetables, especially those picky eaters who think they don't like anything that's healthy! You can also use brown rice instead of wheat berries.*

Makes 8 servings, 1 cup per serving

Prep time: 15 minutes

Cook time: 30 minutes

### Ingredients

- 1 chopped onion
- 6-8 cloves minced garlic
- 2 cups of any green crunchy vegetables such as broccoli, Brussels sprouts, asparagus
- Cherry tomatoes or larger tomatoes cut into pieces
- 1 chopped pepper, any color(s)
- 3 cups of cooked wheat berries or brown rice
- 1/2 tablespoon of red pepper flakes
- salt and pepper to taste
- chopped nuts (optional)



### Preparation

1. Saute the onion, garlic and red pepper flakes in 4 tablespoons oil for about 10 minutes.
2. Add the green vegetables and pepper, and cook for another 20 minutes on medium heat, pushing the vegetables into the pan to maximize cooking surface. Add more oil if necessary.
3. Add the wheat berries or rice and cook for another 10 minutes.
4. Top each serving with nuts if using.



