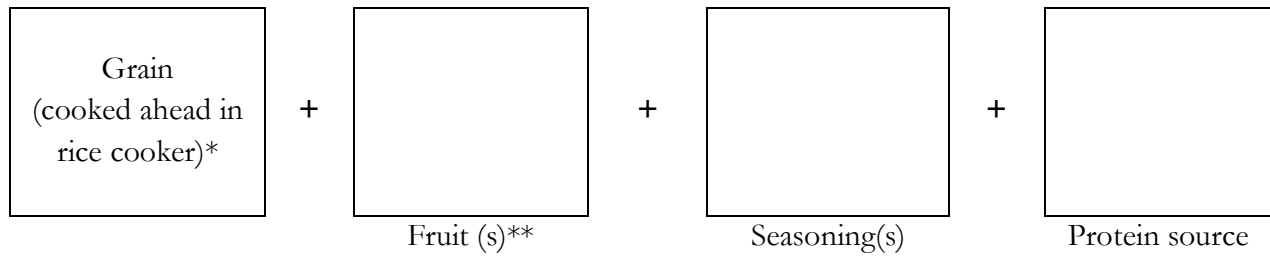


Grain Recipe Framework: Breakfasts



Ideas

oats, quinoa,
buckwheat, millet,
rice, barley

avocado
berries
bananas
apple slices
raisins
mango
peaches

honey
cinnamon
nutmeg

yogurt
cottage cheese
ricotta cheese
nuts
hardboiled/
cooked egg

**fresh,
seasonal, and
local is best

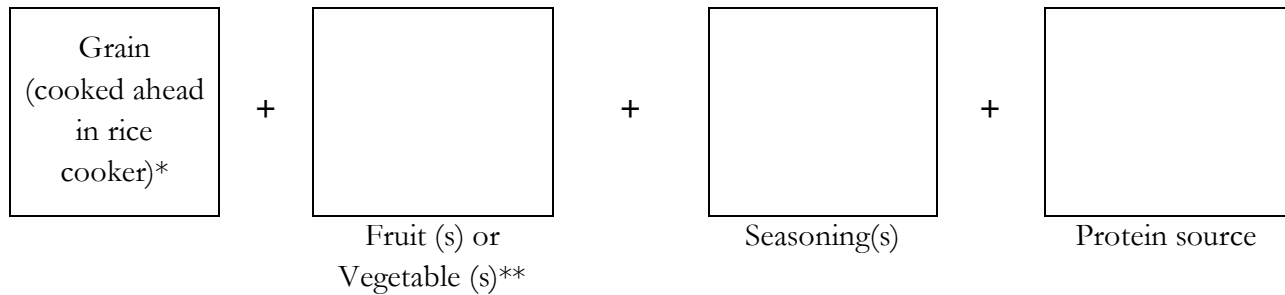
Directions: Stir together ingredients and serve.

* Estimated Time to Cook Grains in the Rice Cooker

Example Grain (2 cups* dry)	Cooking Time
Oats (steel cut)	25 minutes
Bulgur	25 minutes
Millet	25 minutes
Quinoa	30 minutes
Long grain Brown rice	35 minutes
Barley	30 minutes

*Cup provided with Rice Cooker (about 3/4 measuring cup)

Grain Recipe Framework: Lunches and Dinners



Ideas

quinoa, bulgur,
millet, rice,
barley

**fresh,
seasonal, and
local is best

Backups include:
canned tomatoes
onions
frozen corn
frozen peas
frozen broccoli
frozen spinach
raisins

olive oil
broth
salt
pepper
ginger
cumin
curry
parsley
basil
cilantro
mint

pine nuts
peanuts
slivered almonds
cheese
tofu
chicken***
beef***
lunchmeat

***good use of
leftovers

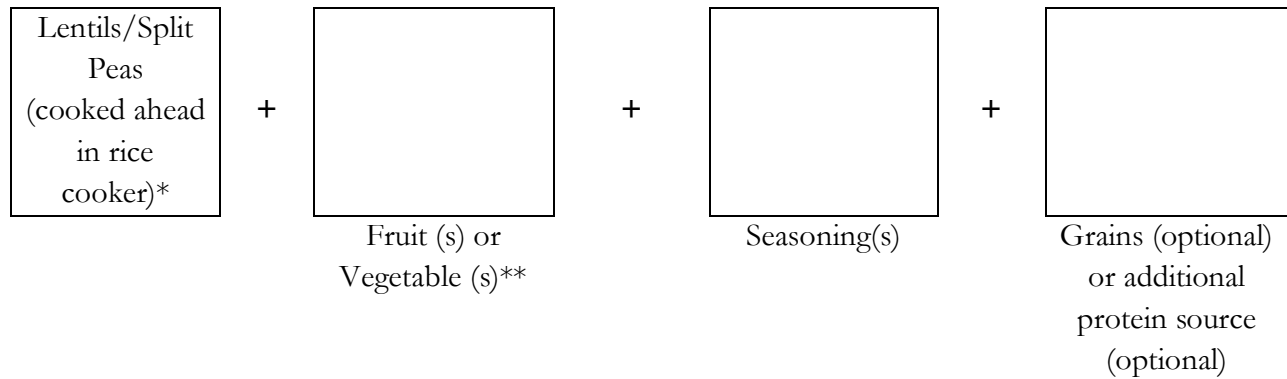
Directions: Stir together ingredients and serve. Option for casserole like dishes: Heat mixed ingredients in oven (typically 375 for about 30 minutes, covered with foil).

* Estimated Time to Cook Grains in the Rice Cooker

Example Grain (2 cups* dry)	Cooking Time
Oats (steel cut)	25 minutes
Bulgur	25 minutes
Millet	25 minutes
Quinoa	30 minutes
Long grain Brown rice	35 minutes
Barley	30 minutes

*Cup provided with Rice Cooker (about ¾ measuring cup)

Lentil/ Split Pea Recipe Framework: Lunches and Dinners



Ideas

**fresh,
seasonal, and
local is best

Backups include:
canned tomatoes
onions
frozen corn
frozen peas
frozen broccoli
frozen spinach
raisins

olive oil
broth
salt
pepper
ginger
cumin
curry
parsley
basil
cilantro
mint

Grains:
quinoa, bulgur,
millet, rice, barley

Protein sources:
pine nuts
peanuts
slivered almonds
cheese
tofu
chicken***
beef***
lunchmeat

***good use of
leftovers

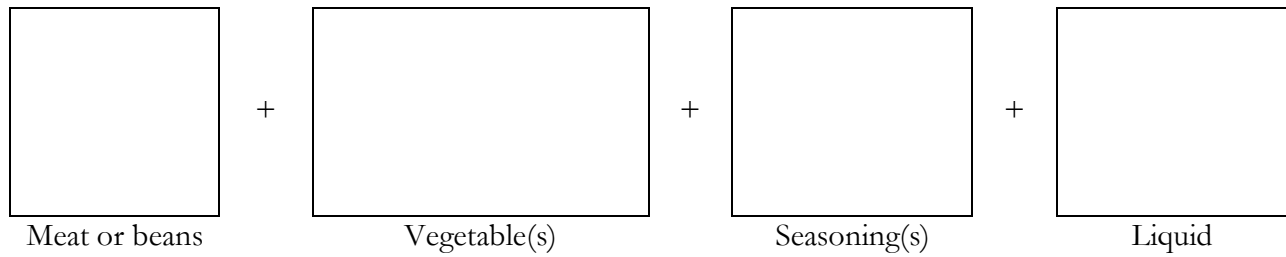
Directions: Stir together ingredients and serve.

* Estimated Time to Cook Grains in the Rice Cooker

Example Grain (2 cups* dry)	Cooking Time
Lentils	45 minutes
Green split peas	30 minutes
Yellow split peas	30 minutes

*Cup provided with Rice Cooker (about $\frac{3}{4}$ measuring cup)

Slow Cooker Meals Recipe Framework



Ideas

turkey,
chicken, beef,
pork, beans

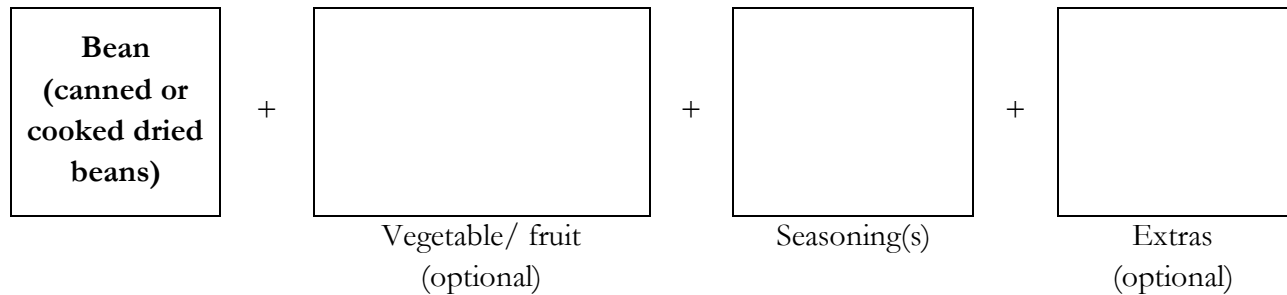
carrots
parsnips
leeks
onions
canned tomatoes
fresh tomatoes
green onions
frozen/canned corn
frozen peas
frozen broccoli
frozen spinach

garlic
olive oil
broth
salt
pepper
ginger
cumin
curry

water, broth

Directions: Cook on **LOW** for 8-10 hours (or approximately 6 hours on **HIGH**); check temperature of meat prior to serving.

Bean Dip Recipe Framework



Ideas

Sundried/ canned diced
tomatoes
roasted peppers
avocado
frozen peas*

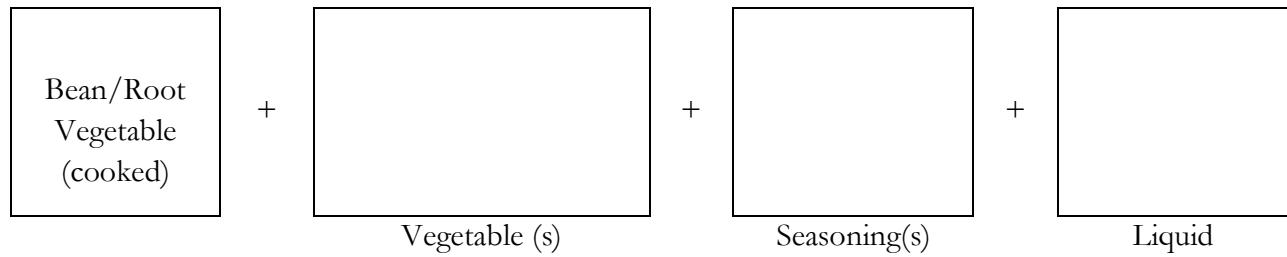
garlic
olive oil
salt
pepper
cumin
curry
herbs

tahini
almonds
walnuts

*run under hot water in
colander for several
minutes

Directions: Combine ingredients in a deep bowl and process with your hand blender. Serve with crackers, baked chips, or vegetables for dipping. Or use as a spread on a sandwich or fill a pita pocket.

Smooth Soups Recipe Framework



Ideas

winter squash
potatoes
sweet
potatoes
yams

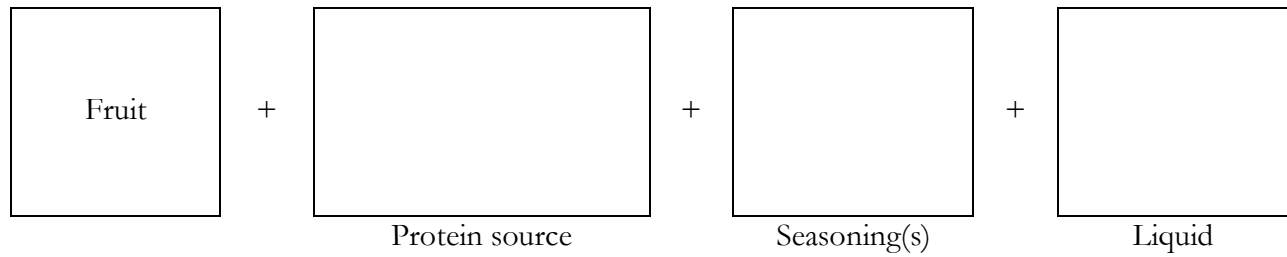
carrots
parsnips
leeks
onions
canned tomatoes
fresh tomatoes
green onions
frozen/canned corn
frozen peas
frozen broccoli
frozen spinach

garlic
olive oil
broth
salt
pepper
ginger
cumin
curry
herbs

water, broth

Directions: You can sauté your vegetables/ seasonings in olive oil before adding the liquid and other ingredients. Then combine ingredients in a deep pot and cook on medium for about an hour. **Once it has cooled**, process carefully with your hand blender to desired consistency.

Fruit Smoothies Recipe Framework



Ideas

banana
peach
nectarine
strawberries
blueberries
blackberries
etc.

yogurt
protein powder
nut butters

honey
stevia
cinnamon
vanilla

water
ice
milk
almond/nut milk
rice milk
soy milk

Directions: Combine all ingredients in a deep glass or pitcher. Process with your hand blender to desired consistency.