

Healthy Grains From the Kitchen of Judy Mueller

Whole Wheat Herb Bread

This bread only rises once and is excellent with soup & sandwiches.

2 T active dry yeast	1 T sage
½ Cup lukewarm water	1 T freshly crushed dill seed
3 Cups lukewarm water	1 T dried dill weed
1 ½ T salt	¼ cup olive oil
¼ Cup molasses	¼ cup yoghurt (opt.)
6 -8 Cups whole wheat flour	

Directions:

Dissolve yeast in ½ cup lukewarm water. Combine water, salt, oil and molasses in saucepan and heat until combined. Pour into large bowl and cool until lukewarm. Stir in 3 cups flour and beat well to develop gluten. Add remaining flour, kneading with a bread hook or by hand. Turn out onto a floured board and knead lightly. Divide into two loaves. Place in oiled tins. Let rise in warm place covered with a cloth for 40 – 60 minutes. Preheat oven to 375. Bake 45 minutes. Run knife around edges of loaves before removing from pans. Serve with hot soup.

Basic Grain Salad

This dish is made by lightly dressing any cooked grain--millet, barley, and rice work well.

1 med. bunch broccoli (about 1 & ½ pounds)
3 ½ to 4 cups cooked grain
4 Tablespoons dried dillweed
1/3 cup pitted black olives
¼ cup olive oil
¼ teaspoon sea salt or to taste
4 Tablespoons or more freshly squeezed lemon juice
Garnish with toasted sunflower seeds

Directions:

Peel broccoli stalks and cut off any tough, woody sections. Dice the stalks into ¼ inch squares. Divide the florets into small pieces. Steam the diced stalks on a rack in a covered pot over high heat for about 1 minute. Then add the florets and continue to steam until crisp-tender and a pretty green. Immediately run broccoli under cold water to set the color, then drain thoroughly. Add to the grain.

In a small jar, combine lemon juice, salt, and oil. Shake well. Pour over salad and toss until thoroughly blended; add more lemon juice or salt to taste.

Garnish with sunflower seeds before serving.

Note: Try adding different vegetables to the Grain Salad such as: zucchini, frozen and thawed corn, scallion greens, basil, celery, onions, tomatoes, green and red peppers.

Specialty Flours

Save time and money – grind your own barley, corn grits, whole wheat, rye, spelt, millet etc. with a Vita Mix or a flour mill.

Millet Pudding

In a crock pot, large pot, Hot Pot, or similar, place 4 cups water and 1 cup dry millet (should make about 4 cups cooked). Simmer about 30-45 min. Watch carefully!!! It cooks best in a Hot Pot and does not boil over like on stove top.

In Vita Mix Blender place:

3 ½ - 4 cups of cooked millet
1 cup pineapple juice
1 T lemon juice
1 t lemon extract
1 t salt
½ cup honey
½ cup cashews
1 T agar powder
Blend until smooth and silky

Directions:

In a 10x12 dish place 2 cups Grape Nuts cereal or 2 Cups granola, spread out evenly. Next, very slowly, pour the pudding mix from the blender over the granola. Let cool. Do not cover while warm or it will “sweat” and will not set up. Put some berries on top after cooled!

Whole grain polenta is a versatile grain option that is readily available, ready for use, at many health food stores. And do not forget the option of whole grain grits.