

## Quinoa Tabouli

1 cup quinoa, rinsed  
3 cups water  
1 bunch parsley, minced  
1 cucumber, diced  
1 tomato, diced  
4 scallions, diced  
1/4 cup fresh mint, minced  
1/2 cup lemon juice  
1 clove garlic, minced  
1/4 cup olive oil  
salt and black pepper to taste

In a 3-quart sauce pan, boil 3 cups of water. Stir in the quinoa. Reduce heat to a simmer, cover and cook for about 15 minutes or until quinoa is tender. Drain the cooked quinoa and let it cool. In a large bowl, mix together the prepared parsley, cucumber, tomato, scallions, mint, lemon juice, garlic and olive oil. Add the cooled quinoa and season with salt and pepper.

## About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,700 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of Vermont-made products.

Visit City Market, Onion River Co-op online at [www.CityMarket.coop](http://www.CityMarket.coop) or call 802-861-9700.

# Whole Grains



**Your Community-Owned Grocery Store**  
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Grains are a staple food throughout the world. Whole grains have a nutty taste and come in a variety of colors and textures. They are equally good as a side dish, in a salad or topped with a savory stew. Look inside for some of the wonderful opportunities to eat whole grains from our Bulk section.

## Stages of Processing

From whole grain to most finely milled:

**whole grains = berries = groats** - unprocessed whole grains separated from the hull; e.g. wheat berries, oat groats

**pearled grains = polished grains** - slightly processed grains that have had the outer bran removed; e.g. pearled barley

**grits = cracked grains = steel-cut grains** - whole grains cut into smaller pieces so they cook faster; e.g. corn grits, cracked wheat, steel-cut oats

**flakes = rolled grains** - whole grains that have been steamed and rolled into flakes; e.g. rolled oats, wheat flakes, barley flakes

**meal** - whole grains ground to a slightly gritty consistency; e.g. cornmeal

**bran** - the outer husk of the grain that is high in fiber, e.g. wheat bran, oat bran

**germ** - the nutritious interior of the grain that is rich in vitamins and healthy oils; refrigerate to preserve freshness; e.g. regular and toasted wheat germ

**flour** - whole or refined grain that has been ground to the consistency of powder; in general, darker flour indicates whole grain

## Grains for Soaking and Grinding

These whole grains should be soaked overnight in enough water to cover them in order to reduce cooking time the next day. Or, with the exception of oat groats, you can soak and then sprout them in a jar on the windowsill. People who have grain grinders at home may also grind these grains into flour.

**oat groats\*** - mild-tasting, often soaked and then cooked for hot cereal

**hard wheat berries** - best for grinding into flour for bread dough

**soft wheat berries** - best for grain salads and side dishes

**rye berries** - typically ground into flour for dense, moist bread

**spelt berries\***, **farro** - ancient relatives of wheat said to be more nutritious and digestible (still contain gluten!); use as you would wheat berries for salads and side dishes

*\*local*

1 cup grain (serves 2)	Quantity of water + ½ tsp. salt	Cooking time
Oat groats	3-4 cups	30-40 min.
Wheat berries	4-5 cups	50-60 min.
Rye berries	4-5 cups	50-60 min.
Spelt berries	4-5 cups	45-60 min.
Farro*	4-5 cups	30-45 min.

\*generally quick-cooking; try cooking without soaking overnight, too.

## Quick Ways to Cook Whole Wheat

**bulgur** - made from either **red** or **white wheat** berries that have been steamed, dried, and then cracked; particularly popular in the Middle East where it is used in tabouli; this is a very quick-cooking and digestible form of whole wheat

**couscous** - sometimes called “Moroccan pasta,” these are tiny granules made from durum semolina wheat, the type of wheat used in pasta; **whole wheat couscous** retains all the nutritious parts of the wheat berry; **French couscous** and **Middle Eastern couscous** have been refined; very quick cooking

## Great Gluten-Free Grains

**amaranth** - a tiny yellow seed from South America; adds a nutty taste to muffins or cookies or can be cooked for hot cereal

**hulled barley** - a mild-tasting whole grain; somewhat chewy for pilafs, salads, or soups

**pearled barley** - barley with its bran removed; tender and creamy for soups

**raw buckwheat/kasha** - not a grain but a member of the rhubarb family; high in iron

**toasted buckwheat/kasha** - the toasted form of buckwheat has an earthy, nutty flavor

**millet** - a mild-tasting grain native to North Africa that is one of the least allergenic of all the grains; used in bread and porridge

**polenta** - coarsely ground corn that makes a creamy side dish; also called **corn grits**

**quinoa** - a small, quick-cooking South American grain that is higher in protein than any other grain; rinse several times before cooking to remove a bitter-tasting substance called saponin; also try **red or black quinoa**

## Cooking Whole Grains

Rinse and measure whole grains, cold water, and salt and place together in a heavy-bottomed pot. Bring to a boil and stir, then cover tightly and reduce heat to its lowest setting (so it simmers). Start the cooking time from the moment the water boils. Resist the urge to lift the cover! Let the steam do its work and only stir when the grains are done (whole grains are slightly chewy when cooked).

1 cup grain (serves 2)	Quantity of water + ½ tsp. salt	Cooking time
Amaranth	3 cups	25-30 min.
Barley (hulled)	2 ½-3 cups	45-60 min
Barley (pearled)	2 ½ -3 cups	30-45 min.
Buckwheat/ Kasha	2 cups	15-20 min.
Bulgur (all)	2 cups	15 min.
Couscous (all)	1 ½ cups	5-10 min
Cracked wheat	2 cups	20 min.
Millet	2 ½ cups	30 min.
Polenta/Grits	4 cups	5-10 min.
Quinoa	1 ¾ cups	12-15 min.