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Whole **Grains**

September is  
Whole Grains Month



## TIP of the MONTH **WHOLE GRAIN**

In addition to adding great taste and variety to the diet, whole grains have real health benefits. They can help reduce the risk of developing heart disease, stroke, cancer, type 2 diabetes and obesity.

In fact, people who eat 3 daily servings of whole grains can reduce heart disease and diabetes risk by 30%, compared to people eating fewer servings.

— Cara Rosenbloom, RD

### Quinoa Tabbouleh

1 cup quinoa, rinsed  
3 medium tomatoes, diced  
1 English cucumber, diced  
2 medium carrots, peeled and  
grated  
1 cup fresh chopped parsley  
½ cup fresh chopped mint  
2 green onions, white parts  
only, chopped



¼ cup extra-virgin olive oil  
¼ cup fresh lemon juice  
1 clove garlic, finely minced  
½ tsp salt  
pinch pepper

In a medium pot, combine quinoa with 2 cups water. Bring to a boil. Reduce heat and simmer for 15 minutes or until water is absorbed. Fluff with a fork and set aside. In a large bowl, combine tomatoes, cucumber, carrots, parsley, mint and onions. Add quinoa to vegetables and mix well. In a small bowl, whisk together olive oil, lemon juice, garlic, salt and pepper. Pour dressing over quinoa and toss to combine. Serve with lemon wedges.

#### **Makes 6 servings. Per serving:**

227 calories | 6g protein | 11g total fat | 1g saturated fat | 7g mono fat  
3g poly fat | 28g carbohydrate | 3g sugar | 4g fiber | 220mg sodium

# ANCIENT GRAINS for Modern Tables

By Cara Rosenbloom, RD



**Farro, millet, quinoa and sorghum are all ancient grains, which is the name given to cereal crops that have been largely unchanged in the past several hundred years.** They grow well with low levels of pesticides, fertilizers and irrigation, making them environmentally friendly. **Here's a variety of nutritious ancient grains to add to your plate.**

**FARRO:** This grain is popular in Italy and is related to wheat. It comes in 3 varieties: farro piccolo (einkorn), farro medio (emmer — the most common one in American grocery stores), and farro grande (spelt). Whole-grain farro berries are high in fiber and are great in soup, risotto and salad. They cook faster if you soak them overnight. You can also try farro pasta.



**QUINOA:** This Peruvian native is also a seed rather than a true grain. In 2013, its popularity was reflected by the United Nations' Food and Agricultural Organization recognizing "The International Year of Quinoa." Quinoa cooks quickly (15 minutes), is a complete protein and is high in iron and B-vitamins. It's also gluten free. It comes in tan, black and red varieties.



**SORGHUM:** This gluten-free grain is popular in Africa and is the 5th most important cereal crop globally. The small circular orbs are about the size of peppercorns and hold their shape well when cooked. The nutty flavor makes sorghum perfect for savory side dishes. **Bonus:** Sorghum pops like popcorn when heated with oil.



**MILLET:** This tropical, yellow-hued grain is a small seed. It cooks to a grainy or creamy consistency, depending on cooking time and how much liquid is added. It's nice as a morning porridge with cinnamon and raisins, or as part of a pilaf mixed with quinoa. Millet is gluten-free and high in magnesium.



## Secrets of Whole Grains

By Cara Rosenbloom, RD

**Refined breads, rice and pasta may taste good,** but they have fewer nutrients and less fiber than you'll find in equally delicious whole grains.

Why limit yourself when so many amazing whole-grain options await you on supermarket shelves? With a little know-how, you can reap the health benefits of a variety of whole grains, which are packed with fiber, B-vitamins and antioxidants.

What makes a grain whole? A whole grain has all 3 parts still intact: the fiber-rich bran, the vitamin-packed germ, and the starchy endosperm. When grains are refined (to make white flour or white rice), the nutritious bran and germ are removed, which eliminates much of the nutritional value. That's why whole grains are a healthier option.

Quinoa (keen-wah), millet, buckwheat and amaranth — They boil to perfection in just 15 to 25 minutes. You can also toast them into granola, or boil with milk to make a porridge-like hot cereal.

Steel-cut or rolled oats — They take about 30 minutes to cook for breakfast oatmeal. You can also combine them with savory ingredients to make a delicious lunch or dinner side dish.

Brown rice, wheat berries and pot barley — Hearty and chewy, these grains take about an hour to cook. They make a great base for flavorful pilafs, stuffing or mock-risotto.

Always look for whole-grain wheat options. They provide a greater variety of nutrients — and more fiber, too. Or try making grain salads with bulgur (cracked whole wheat) or freekeh (free-kuh, young green wheat).



### Grilled Salmon and Quinoa Salad

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|--|--|
| 1 cup quinoa, rinsed                   |  |
| 4 salmon fillets (2.5 oz. each)        |  |
| 3 tbsp extra-virgin olive oil, divided |  |
| ½ tsp salt                             | ¾ cup mixed chopped herbs, such as basil, parsley and dill |
| Pinch pepper                           | 1 lemon, juice and zest                                    |
| 2 medium carrots, shredded             |  |



1. Add quinoa and 2 cups water to a saucepan set over medium heat. Bring to a boil, reduce heat, cover and simmer until water is absorbed, about 15 minutes. 2. Fluff and transfer to large serving bowl; set aside. 3. Meanwhile, brush salmon fillets with 1 tbsp olive oil. Sprinkle with salt and pepper. 4. Grill on medium for 10 minutes for each inch of thickness. 5. Set aside and break into bite-sized pieces. 6. Add carrots, herbs, lemon and remaining 2 tbsp olive oil to the quinoa. 7. Add salt and pepper to taste, and stir to combine. 8. Top with grilled salmon pieces and serve.

#### Makes 6 servings. Per serving:

406 calories | 21g protein | 21g total fat | 4g saturated fat | 10g mono fat | 7g poly fat  
33g carbohydrate | 2g sugar | 4g fiber | 359mg sodium