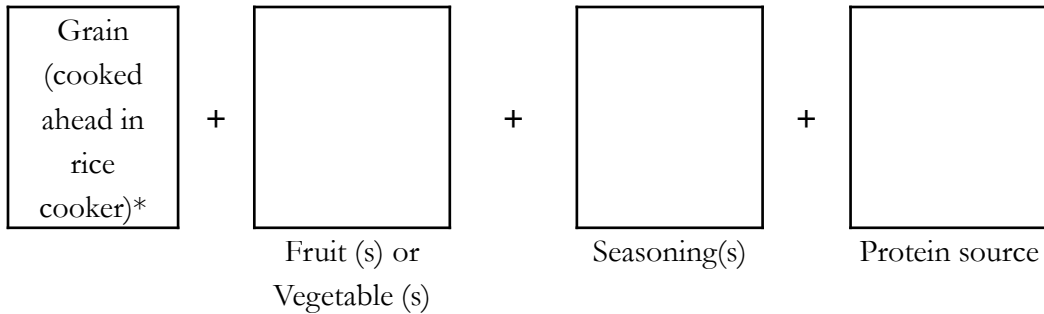


Grain Recipes Framework: Lunches and Dinners



*See cooking times in rice cooker on page 4.

Ideas

quinoa,
bulgur,
millet, rice,
barley

canned
tomatoes
fresh
tomatoes
onions
frozen/canned
corn*
frozen peas*
frozen
broccoli*
Frozen
spinach*
Raisins

*run under
hot water in
colander for
several
minutes

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).