

# Grain Recipes



## **QUICK SPANISH RICE Serves 4**

2 cups cooked brown rice	1 teaspoon grated onion
1/3 cup grated cheese	1/4 cup water
1/2 cup green pepper, chopped	1/8 teaspoon pepper
3/4 cup condensed tomato soup	3 strips bacon

1. Preheat oven to 375°.
2. Mix rice and other ingredients except bacon together and put in greased 1-quart casserole.
3. Place bacon on top and bake for 20 minutes.

Nutrition Facts (per serving): Calories 220 ~ fat 5 g ~ calories from fat 45 ~ sodium 470 mg ~ total carbohydrate 30 g ~ fiber 3 g

## **SPICY BEANS AND RICE Serves 6**

2 cups or 1 (16 oz.) can kidney beans, undrained	3/4 cup picante sauce or salsa
1 cup water	3 cups cooked rice
	Chopped parsley (optional)

1. Bring kidney beans, water and picante sauce to boil in medium saucepan.
2. Stir in rice; cover. Heat 5 minutes or until hot.
3. Fluff with fork. Sprinkle with parsley, if desired.

Nutrition Facts (per serving): Calories 170 ~ fat 1 g ~ calories from fat 6 ~ sodium 260 mg ~ total carbohydrate 30 g ~ fiber 3 g

## **WHOLE WHEAT PANCAKES (Serves 4)**

1 cup whole wheat flour	1 large egg
2 teaspoons brown sugar, packed	1 cup skim milk
1 1/2 teaspoons baking powder	2 teaspoons vegetable oil
1/8 teaspoon salt	

1. Preheat griddle.
2. Mix dry ingredients.
3. Beat egg, milk, and oil together.
4. Add milk mixture to dry ingredients; stir only until mixed. Batter will be lumpy.
5. For each pancake, pour 1/4 cup of batter onto hot griddle.
6. Cook until surface is covered with bubbles; turn, cook other side until light brown.

Nutrition Facts (per serving): Calories 180 ~ fat 4.5 g ~ calories from fat 40 ~ sodium 310 mg ~ total carbohydrate 28 g ~ fiber 4 g

**SIMPLE MACARONI AND CHEESE** Serves 4

1 cup uncooked macaroni                      2/3 cup dry nonfat milk plus 1/2 cup water, stirred  
6 cups boiling water                            1 cup shredded low-fat processed cheese

1. Cook macaroni in boiling water according to package directions. Drain and set aside.
2. Mix milk and cheese in a medium saucepan. Cover over low heat, stirring continuously and gently until cheese melts.
3. Add macaroni to cheese sauce. Mix gently.
4. Add meat and/or vegetables.

Nutrition Facts (per serving): Calories 160 ~ fat 2.5 g ~ calories from fat 25 ~ sodium 420 mg ~ total carbohydrate 23 g ~ fiber 1 g

**CHEWY GRANOLA BARS** Serves 8

2 1/2 cups rolled oats                            2 eggs  
1/2 cup chopped nuts                            1/2 cup margarine  
1 cup firmly packed brown sugar            1 teaspoon vanilla extract  
1/2 cup raisins

1. Preheat oven to 350 degrees.
2. Grease 9-inch x 9-inch baking pan with margarine or oil.
3. In a bowl, combine oats, nuts, brown sugar, and raisins.
4. Stir in eggs, margarine and vanilla.
5. Mix until evenly combined.
6. Press mixture firmly into greased baking pan, and bake at 350 degrees for 25 to 30 minutes.
7. Allow to cool for 10 minutes then cut into bars.

Nutrition Facts (per serving): Calories 350 ~ fat 13 g ~ calories from fat 120 ~ sodium 115 mg ~ total carbohydrate 54 g ~ fiber 4 g



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