

# Whole Grains

AROUND THE WORLD

**SERVES 4**  
**PORTION 1/2 CUP**

## Charleston Red Rice Blend with Bacon

### INGREDIENTS

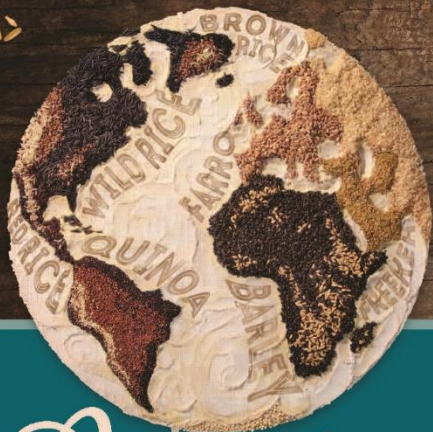
<b>1/2 cup</b>	Ruby Wild Rice Blend, InHarvest
<b>3/4 cup</b>	Water
<b>2 slices</b>	Sliced Bacon
<b>1 each</b>	Medium Onion, Finely Chopped

<b>2 Tbsp</b>	Tomato Paste, Canned
<b>1/2 tsp</b>	Tabasco Sauce
<b>1-3/4 tsp</b>	Canola Oil
<b>1/3 cup</b>	Crushed Tomatoes

### DIRECTIONS

1. Rinse the ruby wild blend in water. Drain and then place into the pot with the water. Place on medium-high heat until the water starts to boil. Turn the heat down and simmer for 25 minutes or until al dente (all the water should be absorbed). Set aside.
2. Next, dice the bacon and place into a sauté pan. Cook the bacon until crunchy. Use a slotted spoon to remove once brown, set aside. Reserve bacon fat.
3. Add the canola oil to bacon fat and heat. Next, add the onions to pan and cook until lightly caramelized. Add the tomato paste, crushed tomatoes, and Tabasco. Bring up to a simmer for 5 minutes. Add rice to tomato mixture and stir well. Cook until the rice is coated with tomato and heated through. Finally, stir in the crispy bacon.

**150 CALORIES** | 4g **FAT** | 0.5g **SATURATED FAT** | 95mg **SODIUM**  
27g **CARBOHYDRATES** | 3g **FIBER** | 4g **PROTEIN**



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**SERVES 4**  
**PORTION 2 TACOS**

## Grilled Fish Tacos with Freekeh, Cilantro & Tomatoes

### INGREDIENTS

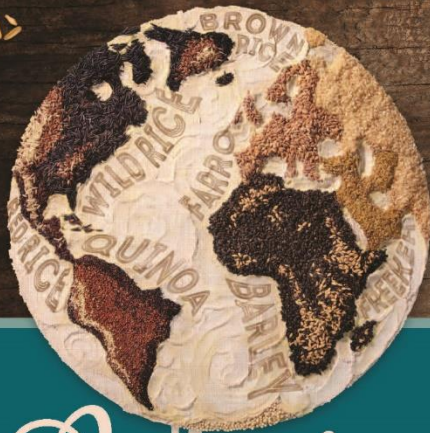
<b>1 lb</b>	Tilapia
<b>1/4 cup</b>	Cajun Seasoning
<b>4 oz</b>	Freekeh, Dry
<b>2 cups</b>	Water
<b>8 each</b>	6" Corn Tortilla

<b>1/2 cup</b>	Tomatoes, Diced Small
<b>2 oz</b>	Queso Fresco Mexican Cheese
<b>1 cup</b>	Shredded Red Cabbage
<b>1 Tbsp</b>	Fresh Cilantro, Chopped
<b>8 each</b>	Lime Wedge
<b>8 each</b>	Scallions, Bias Cut

### DIRECTIONS

1. Prepare the tilapia. Sprinkle with Cajun seasoning and coat well. Cook tilapia on a char-grill or grill pan until well browned on each side and internal temperature reaches 130F.
2. Next, boil the water and cook the Freekeh until tender (20-25 minutes). Drain any water remaining and set aside to cool.
3. Crumble the Queso Fresco. Set aside. Next, shred the cabbage, and prep the rest of the ingredients.
4. Build the tacos: Divide the cabbage evenly between the tortilla shells. Top each with 2 oz tilapia, 1 Tbsp tomatoes, 3 Tbsp Freekeh and 1/4 crumbled queso fresco. Garnish with 1/2 tsp cilantro and 1 sliced scallion for garnish.

**360 CALORIES** | 9g **FAT** | 3.5g **SATURATED FAT** | 310mg **SODIUM**  
43g **CARBOHYDRATES** | 9g **FIBER** | 31g **PROTEIN**



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**SERVES 4**  
**PORTION 1/2 CUP**

## Tri-Color Quinoa Pilaf with Peppers

### INGREDIENTS

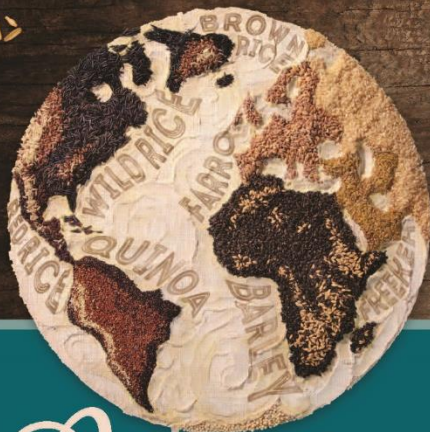
<b>1/3 each</b>	Red Bell Peppers, Finely Diced
<b>1 tsp</b>	Shallots, Fresh Peeled, Minced
<b>1/2 tsp</b>	Fresh Garlic Cloves, Minced
<b>1/8 tsp</b>	Salt
<b>1/4 each</b>	Whole Bay Leaf

<b>1/8 tsp</b>	Ground Black Pepper
<b>1/3 each</b>	Yellow Bell Peppers, Finely Diced
<b>&lt;1/4 each</b>	Thyme Sprig, Fresh
<b>1/4 cup</b>	Canned Pinto Beans, Drained
<b>6 Tbsp</b>	Tri-Color Quinoa
<b>3/4 cup</b>	Vegetable Broth

### DIRECTIONS

1. Roast the red peppers over an open flame until charred all over. Cover and allow to sit until cool enough to handle. Peel charred skin, and remove the stem, core and seeds. Dice, then set aside.
2. Preheat oven to 350F. Add 1 Tbsp vegetable broth to an all metal saucepan. Sweat the shallots and garlic in the broth until tender. Add quinoa, remaining broth, salt, bay leaf, pepper and thyme. Bring liquid to a simmer. Add pinto beans. Transfer to a casserole dish, cover with foil and place in the oven. Cook for about 15 minutes or until the quinoa is tender. Add more vegetable broth if necessary. Remove from oven and let stand for 5 minutes before uncovering the pan. Remove and discard the bay leaf and thyme. Fluff the quinoa with a fork.
3. Add diced red and yellow peppers and gently fold into the quinoa. Cover and place in the oven. Allow the mixture to rest and steam for a few minutes then take out of the oven.

**90 CALORIES** | 1g **FAT** | 0g **SATURATED FAT** | 90mg **SODIUM**  
18g **CARBOHYDRATES** | 2g **FIBER** | 4g **PROTEIN**



# Whole Grains

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**SERVES 4**  
**PORTION 1/2 CUP**

## Black Barley Cilantro Tabouli

### INGREDIENTS

<b>3 oz</b>	Black Barley
<b>3 cups</b>	Water
<b>1/3 cup</b>	Canned Garbanzo Beans
<b>1/4 cup</b>	Fresh Tomatoes, Chopped
<b>1/4 cup</b>	Green Bell Peppers, Diced

<b>2-1/4 Tbsp</b>	Green Onions, Diced
<b>1 Tbsp</b>	Fresh Cilantro, Chopped
<b>1/8 tsp</b>	Salt
<b>1/8 tsp</b>	Ground Black Pepper
<b>2-1/4 Tbsp</b>	Lemon Juice, Fresh
<b>1 Tbsp</b>	Extra Virgin Olive Oil

### DIRECTIONS

1. Cook black barley in simmering water until tender, about 30-40 minutes. Drain and chill.
2. Drain and rinse the beans and prep the other items. Place barley in a bowl and toss with the remaining ingredients. Mix thoroughly. Serve cold.

**120 CALORIES** | 4g **FAT** | 0.5g **SATURATED FAT** | 75mg **SODIUM**  
20g **CARBOHYDRATES** | 3g **FIBER** | 3g **PROTEIN**