

Whole Grains Cheat Sheet

Grain	Forms	Cooking Method	Uses
Amaranth	seeds or flour (ground from the seeds)	Toast the seeds in a dry, covered skillet until browned and beginning to pop or simmer 1 cup of seeds in 2 ½ cups of water.	Add toasted seeds to granola or eat simmered seeds like oatmeal.
Barley	sold whole, pearled (quicker to cook) or as grits, flour or couscous	Cook like pasta in heavily salted water for 15–20 minutes for pearled barley. Drain and serve.	Add to soups, use in cold salads or substitute for rice.
Buckwheat	groats or toasted groats (labeled kasha)	Add 1 cup groats to 2 cups salted boiling water and simmer until liquid is absorbed, about 10 minutes. Fluff and serve.	Good in place of rice in pilafs or in grain salads.
Bulgur	also known as wheat berries	Add 1 cup bulgur to 2 cups salted boiling water and simmer until liquid is absorbed, about 10 minutes. Fluff and serve.	Used in tabbouleh and other grain salads or as a simple side dish to replace rice.
Farro	also known as emmer wheat; sold whole, semipearled, and pearled	Soak farro for at least 20 minutes (up to overnight) then simmer in large pot of salted water until tender, 20–40 minutes depending on the type being used.	Good as a porridge, in grain salads, or to replace rice in risotto.
Kamut	found as berries, flour and made into pasta	Add 1 cup kamut berries to 2 cups salted water and cook on low in a slow cooker for 6–8 hours.	Good in grain salads. Use the pasta in place of traditional pastas in any noodle dish.
Millet	found as grains or flour	Toast 1 cup of millet in a dry, covered pan until browned, then add 2 ½ cups water and simmer until liquid is absorbed, about 20 minutes. Fluff and serve.	Excellent as breakfast cereal or as a replacement for polenta.
Oats	steel-cut, Scottish, Irish, rolled, quick-cooking, old-fashioned, and instant oats	Rolled or old-fashioned oats are the most common. Add 1 part oats to 2 parts water and cook until liquid is absorbed.	Steel-cut, Irish or Scottish oats are not rolled flat, but chopped. They take much longer to cook and produce chewier oatmeal.
Quinoa	found as seeds or flour	Rinse well in running water. Add 1 cup quinoa to 2 cups salted boiling water and simmer until liquid has been absorbed, about 15 minutes.	Can also be cooked like brown rice in a rice cooker. Use in grain salads, as breakfast grain, or in place of rice or couscous.
Brown Rice	rice in its most natural form—all types of rice have a “brown” form	Add one part rice to two parts water, cover and cook until liquid is absorbed, about 40 minutes for 1–2 cups.	Use in place of any white rice except for risotto.
Teff	found as grains or flour	Add 1 cup teff to 3 ½ cups boiling water and simmer until liquid is absorbed, about 20 minutes.	Good in place of polenta. Fermented and used to make injera, Ethiopian bread.
Wheat Berries	many types, but all cook about the same	Simmer wheat berries in a pot of salted water about 45 minutes; drain and serve.	Excellent in grain salads or as an alternative to rice.