



# Kernels

Summer 2014



Maintain Healthy Eating Habits on Vacation

Wheat Foods, Protein-Rich Legumes, Nuts

Plus: Healthy Eating Habits for Life,  
news about our toolkits, recipes and more



Wheat Foods Council  
WheatFoods.org



## A Word From Judi Adams

Do you enjoy cooking? I do. There is something immensely satisfying about going to the store or farmers market, picking fresh ingredients and herbs, combining them in interesting ways and then getting to eat the end result! With that in mind, this issue of *Kernels* has lots of tasty recipe ideas to inspire you to make the most of summer's bounty.

While there are many health reasons to include wheat foods in your meal planning, they also provide the perfect "palette" for combining with other foods. To get you started, check out our tasty ideas for pairing wheat foods with protein-rich legumes and nuts.

Speaking of taste, I'm sure you're familiar with the saying, "variety is the spice of life." That goes for food, too, and an important element of a healthy diet is variety. However, research shows that most people usually only continue to eat the foods that taste good to them. In our article, "Healthy Eating Habits for Life," we show you different ways to develop healthful eating habits without sacrificing flavor. Statistics show that around 75% of Americans take summer vacations. With that in mind, this issue gives you eating, snacking and food packing tips for having a healthy, guilt-free vacation, whether traveling far afield or taking a picnic basket to a local park.

This year also marks an important milestone in the history of agriculture – the 100th anniversary of the birth of Nobel Laureate Dr. Norman Borlaug. You can learn more about the importance of this anniversary to the wheat industry and the "amber fields of grain" that will be outside our nation's Capitol this summer in our Wheat Growers Corner.

If you're looking for free resources (and who isn't), be sure to check out the many science-based, informative toolkits developed by the Wheat Foods Council. In this issue, we list and include links to these timely, useful kits. Use the information with your clients, customers, or friends, as presentations, or turn into content for your social media platforms.

Finally, Christy Wilson, an RD from Arizona, shares what she and her children love best about this time of year, along with a quick and easy summer recipe -- Cilantro Pesto Pasta with Chicken.

Enjoy!

Judi Adams, MS RDN,  
President, Wheat Foods Council

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Wheat  
Growers  
Corner

# A Capitol Wheat Field

2014 marks the 100th anniversary of the birth of Nobel Laureate Dr. Norman Borlaug. This anniversary is of particular significance to the wheat industry because of his work to develop high-yielding varieties of grain that are credited with saving over a billion people from starvation. Dr. Borlaug was recognized for his role in this Green Revolution with the Nobel Peace Prize in 1970.

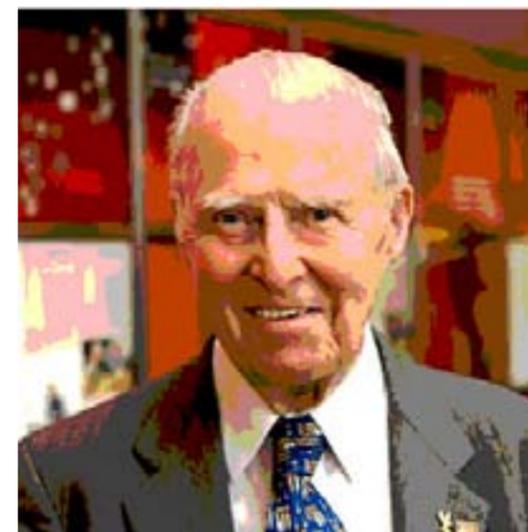
In celebration of this momentous achievement, the US Botanic Garden in Washington, DC, has turned its Conservatory Terrace into "amber waves of grain" for a special exhibit through October 13, 2014. Visitors will get up close and personal with planted beds and interpretive panels focusing on wheat. As the US Botanic Garden notes in its description of this special exhibit, "fields of golden wheat have captured the imagination of many artists and our palates, serving as the main ingredient in much of our food - like bread, pasta, pizza, tortillas and cake. The domestication of wheat laid the foundation for Western civilization and is now grown on every continent except Antarctica."

The summer exhibition also features baking demonstrations, children's activities, and a June 14, 2014 Family Festival. See more at: <http://www.usbg.gov/exhibits>

The shorter wheat plants that Dr. Borlaug developed increased wheat kernel yield. The plants were also resistant to global wheat diseases which made farmers in the US and developing countries less vulnerable to devastating crop losses.

Improvements like this are absolutely essential in all food crops, as agricultural production must increase by about 66 percent by 2040 to match population growth. Global leaders like Kofi Annan have recently called for a second Green Revolution to help bring

more new varieties to small-scale farmers. The groundbreaking work of Dr. Borlaug is still used today. The height-reduction or dwarfing genes currently used in U.S. wheat varieties were introduced from wheat genetic resources available in other countries. One major contributor was the Japanese wheat cultivar, Daruma, grown in the late 19th century. These dwarfism genes were not the result of mutation or gene transfer from another organism but rather through multiple generations of traditional crossing and selection.



Wheat breeding utilizes genetic resources previously or currently consumed by the public and new wheat varieties must meet stringent quality standards. The wheat grown around the world today came from three grassy weed species that hybridized several thousand years ago. Seventy years of wheat breeding have essentially capitalized, if not relied, on the variation provided by wheat's hybridization thousands of years ago and the natural mutations which occurred over the millennia as

wheat has been cultivated around the globe. The primary goal of today's wheat breeders is to make this ancient plant better able to meet the demand of a rapidly growing human population. One hurdle is sorting through the massive genome size of wheat (42 chromosome pairs). As a comparison, the human genome is stored on just 23 pairs.



## Maintain Healthy Eating Habits on Vacation

A vacation is a time to explore new places, relax, and kick back with family and friends. Unfortunately, it can also wreak havoc with nutrition and make it difficult to maintain good eating habits. Don't let the worries of eating healthy derail your good time.

When traveling by car or plane, pack snack foods from home that fit easily into a carry-on or cooler. Include nutritious, portable foods like granola bars, whole grain crackers and cheese, vegetables and hummus, pretzels,



nuts, and fruits. They are healthy, mess-free and taste good.

Re-stock your arsenal of nourishing choices once you arrive, as a smart alternative to the often unhealthy and expensive snacks in hotel mini-bars. Purchase foods like bagels and cream cheese, fruit, whole grain muffins or cereal, and single-serve low-fat yogurts that are more nutritious, less expensive and store easily in hotel room mini-refrigerators.

Look for restaurants that serve healthier cuisine and allow you to request low-fat cooking methods, swap high calorie sides for vegetables or whole grains, and include dressing or sauces on the side. Enjoy foods native to the place you are visiting, such as grilled fish when by the sea or local fruits, vegetables and signature dishes indigenous to the culture.

Split an entrée and order an extra soup or salad. Restaurants are notorious for serving over-sized portions. If the nutrition information for menu items is provided, take advantage of it and choose wisely. You may be surprised at what some of your favorite menu items supply in calories. Take advantage of the information and make informed decisions about what you eat. Look for walking tours and do as much of your sight-seeing on foot as possible. Swim, play tennis, golf, take walks on the beach, or whatever you enjoy that keeps you moving. Participating in these activities while on vacation won't seem like exercise and if you do overindulge on foods and beverages this may help to off-set some of those extra calories.

If you're planning a family "staycation," including day trips to the beach or the local pool, take the time to shop for and prepare tasty, wholesome snacks that are simple to transport. Items like trail mix, granola



bars, crackers, pretzels, fresh fruit, mini-bagels and pita bread for dipping can easily be packed in a beach bag or picnic basket.

Pasta salads are a delicious dose of energy boosting carbohydrates and can be prepared ahead of time. Choose your favorite pasta shapes and mix together with any combination of vegetables, or add a protein like chicken, lean beef, or cheese. Contrary to popular belief, commercial mayonnaise will actually inhibit bacterial growth due to its acidic nature. Foods containing meats should be stored on ice for safety. Take the Wheat Foods Council's Primavera Pasta Salad and Zesty Couscous Salad for your next picnic.

Nut butter sandwiches combined with fruit spreads on whole wheat bread, travel well and provide plenty of protein. For another tasty sandwich option, combine turkey or ham, cheese and sliced green apples and chutney, which keeps well in the cooler. Package wet ingredients separately, so the sandwiches don't get soggy. [Turkey & Veggie Wrap](#)



and [Chicken & Cashew Salad in a Pita](#) are two tasty sandwiches packed with nutrients from the Wheat Foods Council's many wholesome recipes.

To round out your picnic basket, sample these Wheat Foods Council recipes for simple, homemade treats perfect for an outdoor day trip: [Energy Bars](#), [Whole Wheat Raisin Cookies](#), and [100% Whole Wheat Cinnamon Sugar Cookies](#).

Relax, with a little advanced preparation, you can take a break from your busy day-to-day routine and still make nutritious eating a part of your next vacation.

## 3 Great Snacks Ideas for Road Trips

### Wrap it up

Sandwiches can be a quick and easy way to keep hunger at bay while adding some good protein and hearty grains to your daily nutrition. Some may need to be stored in a cooler, such as wraps made with lean meats and cheese or a mini-pita sandwich stuffed with hummus and raw vegetables, but other options such as peanut butter (or any other nut butter) and jelly on whole grain bread can be kept at room temperature.

### Cheese and Crackers

Cheese and whole grain crackers is a classic combination that contains protein with whole-grain, good-for-you carbohydrates, keeping your hunger satisfied for the long-haul. Prep cheese slices at home or throw a few single-serving string cheese snacks into a cooler, and separate your favorite whole grain crackers into single-serving portions ahead of time to make this snack car-friendly. You can even pull this combination together at a convenience store, in a pinch.

### Energy bars

Consider replacing your favorite candy bar with an energy or granola bar to boost your protein and fiber intake while avoiding the sugar trap. To be sure you're not trading one sugar-laden bar with another, look for bars that contain 3 grams of fiber, 5 grams of protein and less than 35 percent of calories from sugar.

# Great Ways with Grains

Combine wheat foods with a variety of wholesome ingredients to create appetizing, nutrient-filled meals. Pair whole grain tortillas with protein-packed lean meat, vegetables and peppers for sizzling beef fajitas. Combine couscous, corn and red kidney beans to create a tasty, filling salad. Added healthy fats like olives to whole wheat tortillas (for B-vitamins and fiber) stuffed with a small amount of cheese (for added protein and calcium) provide a savory appetizer or snack.

## Beef Fajitas

### Ingredients

6- 8 inch flour tortillas  
1 pound top round beef steak, cut into ¾ inch julienne strips  
3 tablespoons red wine or red wine vinegar  
3 tablespoons vegetable oil  
1/2 teaspoon cumin  
1/2 teaspoon salt  
1 clove garlic, pressed or minced  
2 teaspoons lime juice  
2 medium sweet bell peppers (any color), sliced  
1 medium onion, sliced into rings

### Toppings (optional):

1/2 cup guacamole  
1/2 cup salsa or picante sauce  
1/2 cup sour cream, light  
1/2 cup cheddar cheese, grated  
1/2 cup sliced black olives

### Directions

In a covered bowl or re-sealable plastic bag, combine wine, oil, cumin, salt, garlic and lime juice; add julienne strips of meat and marinate 2 to 3 hours. Drain thoroughly. Discard leftover marinade. Over medium heat, brown meat with peppers and onions in a large skillet. Warm tortillas on a griddle or wrapped in aluminum foil in a 200° F. oven for 10 min. and serve immediately with meat mixture and toppings on the side.

Servings: 6 (1 tortilla/serving)

Calories/Serving (1 fajita): 380

Nutrition: One serving provides approximately: 32 g protein, 27 g carbohydrates, 16 g fat (3.5 g saturated), 70 mg cholesterol, 18 mcg folate, 3 mg iron, 550 mg sodium

Note: Optional toppings are not included in the nutritional analysis.



## Whole Wheat Tortilla Pinwheels

### Ingredients

6 -- 8-inch whole wheat flour tortillas  
1 -- 8 ounce package light cream cheese, softened  
1 teaspoon chili powder  
1 teaspoon cumin  
½ teaspoon paprika  
4 medium-sized green onions, bulbs and green tops, chopped  
1 – 7 ounce can of diced green chilies, drained  
1 – 8 ounce bag Mexican blend cheese, shredded  
1 – 2¼ ounce can black olives, chopped (skip this for a lower sodium option)  
Cilantro, fresh, for garnish (optional)

### Directions

In a medium bowl, mix together cream cheese and next three ingredients until well blended. Fold in green onions, green chilies and cheese.

Spread a thin layer of cream cheese mixture onto tortillas and sprinkle each with 1/6 of the olives. Fold in about 1 inch on each side of tortilla toward the center, fold up bottom inch of tortilla to the middle and continue to roll up tortilla to the opposite end. Wrap tightly in plastic wrap and chill 2-3 hours in refrigerator as they are much easier to cut once chilled well. Cut into 1 inch slices using a serrated knife and place pinwheels on a festive serving platter.

Garnish with fresh cilantro if desired.

Makes: 36 pinwheels (6 tortilla rolls, cut into 6 one-inch pieces each)

Servings: 18 (2 slices/serving)

Calories/Serving: 140 (for 2 slices)

Nutrition: One serving (2 slices) provides approximately: 140 calories, 6 g protein, 10 g carbohydrates, 2 g fiber, 9 g fat (4 g saturated), 20 mg cholesterol, 4 mcg folate, 0 mg iron and 370 mg sodium. Note: Nutritional analysis does include the black olives.



## Couscous and Corn Salad

### Ingredients

1 10-ounce box couscous  
½ tablespoon vegetable oil (used to prepare couscous)  
¾ cup canned dark red kidney beans, rinsed, drained  
¾ cup chopped fresh or canned whole tomatoes, drained  
¾ cup salsa  
1/3 cup whole kernel corn  
1/4 cup chopped green bell pepper  
1/2 teaspoon cumin



### Directions

Prepare couscous according to package directions using ½ tablespoon vegetable oil in place of margarine. Cool.

Transfer couscous to mixing bowl. Add remaining ingredients; mix well. Chill 1 to 2 hours.

### Variation

Substitute roasted garlic and olive oil couscous for the plain couscous.

Servings: 6 (1-cup servings)

Calories/Serving: 235

Nutrition: Each serving provides approximately: 9 g protein; 48 g carbohydrates; 4 g fiber; 2 g fat (0 g saturated); 0 mg cholesterol; 18 mcg folate; 1 mg iron; 347 mg sodium.

Source: Wheat Foods Council

# Mix It Up: Wheat Foods, Protein-Rich Legumes, Nuts

“You complete me!”

- A. A line from the 1996 film “Jerry Maguire”
- B. What you say to yourself each time you create a healthy, delicious meal that includes nutrient-rich choices from multiple food groups?

If you chose “B,” you’re ready to learn more about the fun of combining foods at mealtimes which not only broadens food choices, but also introduces you to new tastes. This article focuses on taking protein-rich legumes and nuts, popular pantry staples, and combining them with wheat foods. Grains like wheat, provide the perfect “palette” for designing tasty, healthy meal combinations that are good for you and also appeal to your “palate!”



Consuming both enriched and whole grains as part of a healthy diet may lower cholesterol, reduce the risk of heart disease, obesity and type 2 diabetes. Enriched grains provide important B vitamins including folic acid. Folic acid (or folate) is essential for cell growth and blood production and vital for fetal development in pregnant women. The Centers for Disease Control and Prevention (CDC) declared the fortification of enriched grains with folic acid as one of the top ten public health achievements of the first decade of the 21st century in acknowledgement of its role in the 36% drop in neural tube defects (spina bifida) from 1996-2006.

Currently, most Americans fall short when it comes to consumption of whole grains. The recommendation from the 2010 Dietary Guidelines for Americans is for most adults to have at least 3 servings of whole grains per day. Current consumption is estimated to be less than 1 serving per day, far short of the recommendation.

Proteins are necessary for maintaining healthy tissues and organs, repairing damaged cells, and fighting disease. Proteins are made up of ten nonessential amino acids, manufactured in the body, and ten essential amino acids which come from foods. All animal and some plant proteins (pseudo-grains like quinoa) are complete, but most plant-based proteins, like those in wheat, beans, and nuts, are incomplete. Wheat contains about 10-15 percent protein but is short in the amino acid lysine.

At one time, we were taught to combine incomplete proteins, such as wheat and legumes at the same meal, but now research has shown that we just need to eat a variety of plant proteins throughout the day to as-



sure we are getting complete protein in our diet (if we don't consume meat and/or dairy products).

Most whole grains, bran, nuts and beans increase dietary fiber which promotes healthy digestion and laxation, may help boost immunity, lower blood pressure, prevent heart disease, some forms of cancer and improve the body's regulation of blood sugar. And they may help you feel fuller longer, helping decrease calorie intake.

Adding nuts to whole grain foods packs a punch of extra heart-healthy nutrients. Nuts are high in fiber and work with whole grains to battle cholesterol. Adding nuts to baked goods, pasta salads, and cereals create crunchy, fun meals. Whether you choose whole wheat breakfast cereal topped with berries and nuts or a grilled chicken salad with toasted wheat

bran and pine nuts, you amplify nutrition and taste. Mix it up with the WFC's [Penne Pasta with Sundried Tomatoes and Walnuts](#) or [Banana Orange Muffins](#).

Cooking with whole grains and lean proteins high in vitamins and minerals, but low in calories and fat, create meals that fill you up without increasing your waistline. Taste the WFC's [Mixed Bean Soup with Pasta](#) for a great way to fill up without a lot of calories.

Thoughtful food combinations like wheat foods paired with legumes and nuts not only increase nutrient density, but provide interesting and tasty meals. So, get creative in the kitchen with wheat as your base ingredient and discover food combinations which you and your family will enjoy.

# Healthy Eating Habits for Life

It seems for most people, taste, cost, and convenience are the primary factors considered when choosing what to eat, but emotions, gender, culture and many other influences also play a role.

While people may be convinced to try a new food or flavor once or twice, according to the Academy of Nutrition and Dietetics, research shows they will usually only continue to eat foods that taste good to them. The Wheat Foods Council (WFC) wants to encourage people to choose to eat nutritious foods every day -- without sacrificing taste -- and commit to better eating habits for life so we've put together the following ideas on how to get started.

Add variety to your favorite dishes by altering cooking methods to intensify or change flavors. When sautéing or broiling meat, poultry, or fish, use the browned bits left in the pan to create delicious sauces or as the base of a soup, stew, or with a whole grain side dish. Add stock (chicken, beef or vegetable) instead of adding butter, oil, or cream in making the sauce. For vegetables, instead of just boiling, steaming or microwaving, toss them with olive oil and herbs, then sauté or roast in a hot oven.



Spice up food using quality ingredients and condiments with pungent flavors like sundried tomatoes, curry, mustards, jalapeno peppers, horseradish, and salsas. Choose whole wheat pasta or couscous to intensify flavor and texture in main dishes, soups, and salads. Add citrus fruits and juices to heighten flavor as well. When baking, try using whole wheat pastry flour and reduce the amount of sugar by 1/3, while intensifying sweetness without compromising flavor or texture by adding vanilla, nutmeg, cinnamon or cloves.

Combine foods in meaningful ways to complement nutrition, flavor and taste. For whole grains, increase nutrients at breakfast by using fat-free milk instead of water for cream of wheat and mix in nuts, dried fruit or berries. Create sandwiches on whole grain bread or pita and top with lean meat. Add spicy mustard, hummus, guacamole, or olive tapenade and pile on the vegetables. Choose whole grain pizza crusts topped with sliced barbeque chicken, sharp cheddar cheese, and caramelized onions, or stuff tortillas with grilled shrimp, vegetables, and Manchego cheese. Remember: small amounts of sharp, distinct flavors can save calories.

To save time when cooking at home, cook several meals at once and freeze. With the long days of summer here, take advantage of the wealth of fresh produce to add flavor, color and nutrition to salads and side dishes. Wash and chop the fruit or vegetables -- the more colorful the better -- and toss, no cooking required. Serve with whole grain pasta, breads or muffins.

Family meals can promote better nutrition, spark conversation, and allow parents to demonstrate good eating habits. Make the same meal for everyone, including one food every person likes, then add something new. During meals, turn off electronics and stimulate conversation. Discuss favorite foods and do some meal planning as a group, encouraging each member to choose a favorite food, then shop, prepare and serve the meal together.

For more healthy eating ideas that are bursting with flavor, check out the Wheat Foods Council's recipes and informative resources at <http://wheatfoods.org/>.





# La Cocina de Christy

A column by a Latina dietitian who keeps things real in the kitchen.

By Christy Wilson, RD, LDN

## Warm Weather Wonders

The other day, my son and daughter were talking about the long hours of sunlight we've had lately. At about 6 p.m. my daughter asked, "If it were winter, would it have been dark by now?" Before I could respond, my son quickly answered, "Yes. Now that it's spring, we have more time to play outside!"

His reply reminded me why I've always loved this time of year. More hours of sunlight inevitably changes the way we "play" and the way we eat. Down here in the desert southwest, the beginning of longer, sunnier days encourages us to eat fresher and lighter. Out with heavy winter casseroles and stews and in with spring and summer fruits, vegetables and herbs.

Now that we've reached peak season for brightly colored vegetables like asparagus, a variety of lettuce, tomatoes and herbs like basil and cilantro, I love making a fresh pesto sauce and mixing the vegetables together with pasta. I especially like using whole wheat pasta because it not only adds a mild nutty flavor that complements the pesto sauce, it boosts the nutritional quality of the meal. Whole grain wheat offers a healthy dose of fiber and essential minerals and vitamins like selenium, vitamin E and folate (vitamin B9), which help protect us against heart disease, type 2 diabetes and cancer.

Whole wheat pasta contains all three parts of the wheat grain—the fiber-rich bran, vitamin-rich germ, and carbohydrate and protein-rich endosperm. While refined pastas contain only the endosperm, they're enriched and fortified with twice as much folic acid and riboflavin (B2) and 1.5 times as much thiamin (B1) as their whole grain counterpart. It's this enrichment process that helped eradicate deadly diseases like beri beri and pellagra in the United States, and significantly decreased rates of neural tube birth defects worldwide.

Both whole wheat and enriched pastas can be part of a balanced diet, but if you're seeking more fiber and nutrition from whole grains, use whole wheat varieties instead. It's a simple and practically seamless swap that can be made to just about any pasta recipe.

A few of the key messages found in the 2010 U.S. Dietary Guidelines for Americans include filling half our plates with fruit and vegetables, and making at least half of our grain choices whole grains. (Source: <http://www.choosemyplate.gov/print-materials-ordering/selected-messages.html>). Recipes like my Cilantro Pesto Pasta with Chicken can be a great way to incorporate these recommendations to help improve your health and satisfy your taste buds. The whole grain pasta provides a hearty, yet light and filling base to the homemade pesto sauce made with bright, seasonal cilantro, spicy garlic and savory walnuts. Tomatoes add a splash of color and a good amount of immune-boosting vitamin C. I've served this together with a fresh garden salad and it tastes great either chilled or heated. It also makes a great potluck dish for family gatherings and cookouts with friends.

From a child's perspective, longer days mean more time to play and enjoy the outdoors, and this year I plan to do the same. Kicking around the soccer ball with my son, making castles in the sandbox with my daughter and grabbing a blanket and picnic basket filled with fresh foods are a few ways I'm going to enjoy the best things this season has to offer. I hope you, too, will find the time to do the same.

Enjoy!



## Cilantro Pesto Pasta With Chicken

Recipe by Christy Wilson

Cook time: 15 minutes  
Ready in 30 minutes

### Ingredients

1 pound (16 ounces) whole wheat penne pasta  
1 bunch fresh cilantro, mostly leaves (about 2 cups)  
2 cloves garlic, minced  
1 tablespoon fresh lemon juice or white wine vinegar  
¼ cup grated Parmesan cheese  
¼ teaspoon cayenne pepper  
½ cup walnuts  
Salt to taste (about ¼ teaspoon)  
1/3 cup olive oil  
2 cups cooked chicken (white meat only to keep calories down)  
3 diced Roma or vine-ripened tomatoes

### Directions

1. Bring a large pot of water to a boil. Add pasta and return water to a boil. Cook pasta according to package directions; drain well. Cover to keep warm.
2. In an electric food processor or blender, blend cilantro, garlic, lemon juice, Parmesan cheese, cayenne pepper, nuts and salt.
3. Add about half the amount of the olive oil and blend the pesto. Add more olive oil until the pesto reaches desired consistency.
4. Pour pesto in a small saucepan and warm over low heat, stirring constantly, until pesto begins to simmer.
5. Pour sauce into a large bowl; add pasta over sauce and toss to coat. Add chicken and diced tomatoes, and toss again to mix all ingredients well.

Servings: 10  
Calories: 320

Nutrition: One serving (approximately one cup) provides:  
13 g protein, 36 g carbohydrate, 5g fiber, 15 g fat (2 g saturated), 15 mg cholesterol, 12 mcg folate, 1.5 mg iron, 100 mg sodium



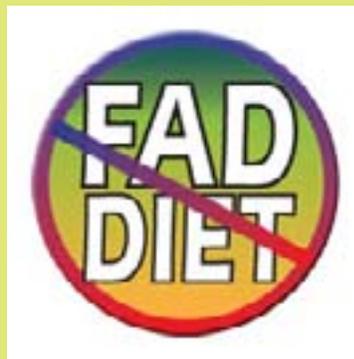
# Let's Get Tooling!

Having the right tool for the job is one of the ways to make your work easier, whether you're a registered dietitian, retail dietitian, nutrition blogger, food writer, extension/family consumer affairs professional, or health-conscious consumer. Check out these toolkits for a wealth of wheat information, including sample blog posts, in-store public address system announcements for retail settings, recipes and recipe demo ideas, and social media postings:

Back to Breakfast



Busting Fad Diets



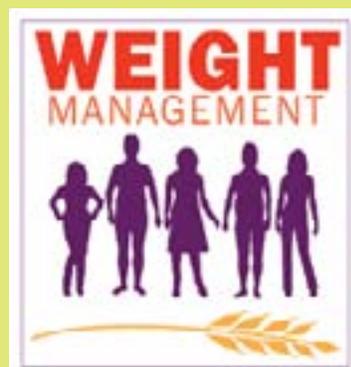
Sprouting Up: Wheat Foods for Kids



Wheat: Healthy Choices for Every Meal



Weight Management



Wheat, Gluten & Health

