Preparing Dried Grains

Cooking most grains is very similar. Put the dry grain in a pan with water or broth, bring it to a boil, then simmer until the liquid is absorbed.

Rice:
1. Bring water to boil over high heat. Amount of water or broth will depend on amount of rice cooked (Double the amount of water — so 1 cup of rice will need 2 cups of water).
2. Add rice to boiling water, cover, and turn heat to low. Cook for 15 minutes.
3. Once time is up, turn off stove and fluff rice with fork.

Pasta:
1. Bring water to boil over high heat. Add pinch of salt to the boiling water.
2. Add pasta and set timer for amount of time specified on the package.
3. Once time is up, drain off water, add warmed sauce or drizzle of olive oil, and enjoy!

Reference: http://wholegrainscouncil.org/recipes/cooking-whole-grains

To reduce the risk of illness:
- Wash all produce thoroughly under running water before preparing and/or eating.
- Avoid cross-contamination. Do not mix raw meat with ready-to-eat items.
- Refrigerate perishable foods promptly and consume by expiration date.