

MILK & GRAINS

January_ Harvest of the Month

Parent/Family Recipes



Our 20 Best Whole-Grain And Whole-Wheat Baking Recipes

LINK:

https://www.myrecipes.com/cooking-method/baking-recipes/our-best-whole-grain-whole-wheat-recipes?utm_source=pinterest.com&utm_medium=social&utm_campaign=myrecipes&utm_content=20190116&utm_term=574124

Whole Grain Sweet Potato Pancakes

LINK:

<https://www.yummytoddlerfood.com/recipes/breakfast/whole-grain-sweet-potato-pancakes/>

Description

I heat the oven to 200 F and keep the cooked pancakes warm on a baking sheet while I finish the batch, though you could also serve them as you go. (This recipe was updated 8/10/18 to ensure that the batter cooks through.)

Ingredients

- 1 medium sweet potato
- 1 cup [gluten free](#) or whole wheat flour
- 1 teaspoon [cinnamon](#)
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 2 eggs
- 1 cup milk
- 2 tablespoons melted butter or neutral oil, plus more for cooking

Instructions

1. To cook the sweet potato, either place it on a foil-lined pie plate or baking sheet, poke holes with a paring knife, and roast for about an hour at 400 degrees F. Or, peel and dice the sweet potato and place in a heat-proof bowl (a 4-cup glass measuring cup works well) and cover with about 2 inches of water. Cook in the microwave until tender, about 5-6 minutes. Let cool slightly. Drain and mash lightly with the back of a spoon. Let cool slightly.
2. Measure out 1/2 cup of the mashed sweet potato.
3. Add all ingredients to a [blender](#) except the flour and blend until smooth. Add the flour and stir in to combine. The batter should be pourable, but thick. (If you don't have a [blender](#), simply stir together the ingredients. The batter won't be quite as smooth, but it works fine too.)
4. Heat a nonstick or cast iron pan or griddle over medium-heat. Add a sliver of butter, let melt, and swirl to cover pan. Add a small amount of batter, about 2 tablespoons at a time, and spread the batter thin, about 1/2-inch thick or a smidge thinner. This will help that they cook through. Cook for 3-4 minutes per side or until set and lightly brown. The pancakes should be mostly set and you should see little bubbles around the edges before you turn them over. Add more butter and repeat to cook the rest of the pancakes.
5. Serve warm with syrup, nut butter, or yogurt.



Bacon Sautéed Barley with Arugula

LINK: <https://wholegrainscouncil.org/recipes/bacon-saut%C3%A9ed-barley-arugula>

Ingredients

- 1 cup hulled barley
- 4 cups water
- 2 slices center-cut bacon
- ¼ cup finely chopped red onion
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- 2 tsp. balsamic vinegar
- 1 cup lightly packed arugula

Instructions

1. Place the barley in a medium glass bowl and add water to cover by 2 inches; cover and let stand at room temperature 8 hours or overnight.
2. Combine drained barley and 4 cups water in a large saucepan over medium-high heat. Bring to a boil; reduce heat, cover and simmer 30 minutes or until barley is tender. Drain and set aside.
3. Cook bacon in a large skillet over medium-high heat 5 minutes or until done; remove pan from heat and transfer bacon to a paper-towel lined plate. Crumble bacon when crisp. Discard all but 2 teaspoons of bacon drippings.
4. Return skillet with reserved bacon drippings to heat. Add red onion and cook 2 minutes or until softened. Add reserved barley; cook 2 minutes or until barley is heated through, stirring frequently.
5. Add salt, pepper and balsamic vinegar; stir to combine. Stir in arugula and cook 1 minute or until wilted. Serve hot, garnished with crumbled bacon.



Freekeh Breakfast

LINK:

<https://wholegrainscouncil.org/recipes/ultimate-freekeh-breakfast>

Ingredients

- 1 cup cooked wholegrain freekeh
- 1 chopped apple
- 2 tablespoons dried cranberries
- ½ cup applesauce
- ¼ cup apple juice
- ¼ cup of walnuts, pecans or almonds, chopped
- Cinnamon to taste
- 2 T. raisins (optional)

Instructions

1. In saucepan cook apples in applesauce and apple juice on low heat.
2. Add cinnamon & dried cranberries. Cook for 5 minutes. Add nuts and simmer for 2 more minutes.
3. Pour onto cooked freekeh. Top with yogurt, honey and your favorite fruit.

