

Total Nutrition

Five Whole Grain Dishes That Taste Great

by Mindy Hermann, R.D.

(NAPSA)—Looking to broaden your whole grain recipe repertoire? Here are a few suggestions from the team in the Betty Crocker Kitchens, which recently published a relevant new cookbook titled “Betty Crocker Whole Grains: Easy Everyday Recipes.”

1. Bruschetta—

Top lightly toasted whole wheat pita with fat-free hummus, chopped basil and tomatoes, chopped garlic, and lower-fat shredded cheese, and bake at 350° or microwave until hot



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and cheese is melted.

2. Gorp (trail mix)—Mix together whole grain cereal, pretzels, fat-free caramel corn, roasted soybeans, dried cranberries and chocolate chips.

3. Stew—Add pearled barley to your favorite stew recipe.

4. Tacos—Fill whole wheat or corn tortillas with grilled fish, black beans, diced tomato, shredded lower-fat cheese and chopped cilantro.

5. French toast—Add crunch with Total cereal; see recipe below.

Crunchy French Toast

2½ cups Whole Grain Total cereal or Total Honey Clusters cereal

2 eggs or ½ cup fat-free egg product

¾ cup orange juice

¼ teaspoon salt

10 slices (1-inch thick) whole grain or regular French bread



1. Place cereal in food-storage plastic bag; seal bag and crush with rolling pin or meat mallet. Place crushed cereal in shallow bowl; set aside. In medium bowl, beat eggs, orange juice and salt with wire whisk until well blended.

2. Spray griddle or 12-inch skillet with cooking spray; heat to 350°F or over medium heat. Dip each slice of bread into egg mixture, turning to coat both sides; coat with cereal. Place on griddle; cook 4 to 6 minutes, turning once, until golden brown on both sides.

5 servings (2 slices each)

1 Serving: Calories 410 (Calories from Fat 70); Total Fat 7g (Saturated Fat 1.5g); Cholesterol 85mg; Sodium 870mg; Potassium 440mg; Total Carbohydrate 72g (Dietary Fiber 9g); Protein 15g

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