



## Granola Cereal

(Wheat Cookin' Made Easy)

6 c. oats	6 c. rolled wheat	2 c. coconut (optional)
1 c. dry raisins/dates/apples	2 c. honey / brown sugar	1 T. salt
1 T. vanilla	1 ½ c. vegetable oil	1 ½ c. hot water

If honey is used, dissolve it in the hot water. Combine ingredients. Mix well and spread on two large cookie sheets. Bake at 250° for 2 hours stirring often. Cool and store in air tight container.

## Dry Cereal Mix

(Wheat Cookin' Made Easy)

4 c. oats	1 T. sunflower seeds	1 c. Whole Wheat flour
2 ½ c. wheat germ	1 c. coconut	2 t. cinnamon
2 T. sesame seeds	1 c. corn meal	1 t. vanilla
½ c. honey	½ c. vegetable oil	

Combine dry ingredients and mix well. Add honey, vanilla and oil. Mix thoroughly (with hands). Spread evenly on 2 large ungreased pans and bake 30 minutes at 300°, stir every 10 minutes. Store in airtight container. For variety, dried fruits may be added.

## Take Along Breakfast Treat

(Wheat Cookin' Made Easy)

1 c. brown sugar	½ c. butter or margarine	½ c. peanut butter
1 egg	1 t. vanilla	1 c. rolled oats
1 c. dry fruit, chopped	¾ c. whole-wheat flour	½ c. dry milk
¼ c. wheat germ	¾ t. salt	1.4 t. baking powder
¼ t. baking soda	3 T. water	

In large bowl, beat: sugar, butter and peanut butter until smooth then beat in egg and vanilla. When blended add rest of ingredients. Divide dough into 9 balls (about 1/4 c. each). Place on greased baking sheet; flatten balls into 4" circle. Bake at 375° for 10-12 minutes, until edges lightly browned. Cool on baking sheet.

## Banana Bread

("I've got Food Storage Now What?")

2 c. whole wheat flour	¾ c. honey	½ c. butter
1 t. baking soda	2 eggs	½ t. oil
3 ripe bananas, smashed		

Mix well and fill greased loaf pan, fill ¾ full. Bake at 325° for 60 minutes.

## Whole Wheat Zucchini Bread

("I've got Food Storage Now What?")

2 c. sugar	1 t. salt	1 c. oil
1 t. baking soda	3 eggs, beaten	3 t. cinnamon
2 zucchini, grated	¼ t. baking powder	3 t. vanilla
3 c. whole wheat flour (or ½ white)	½ c. chopped nuts	

Mix sugar, oil, eggs, zucchini and vanilla in large bowl. Sift together in separate bowl dry ingredients (except nuts). Add dry ingredients to wet ingredients stirring to combine well. Add nuts. Fill greased loaf pans. Bake at 350° for 45-60 min. Makes 2 loaves.

## Six Week Muffin Mix

(Montana Magic)

½ c. shortening	1 ¼ c. sugar	2 eggs, beaten
2 c. buttermilk or sour milk	4 ½ c. whole wheat flour	2 ½ t. baking soda
1 t. salt		

Cream together shortening and sugar. Add eggs and mix. Add buttermilk and dry ingredients and mix until moistened. Spoon batter into greased muffin tins and bake at 400° for 20 minutes. Cover remaining batter tightly and store in refrigerator up to 6 weeks. Makes about 5 dozen muffins.

## Pumpkin Muffins

(Simply Ready By Terri Johnson)

3 1/3 c. whole wheat flour	½ t. baking powder	½ t. baking soda
1 t. salt	1 t. cinnamon	½ t. cloves
1 ¼ c. sugar	2/3 c. oil	2 c. pumpkin
1 c. water	½ c. raisins, nuts or choc. chips (opt.)	

Combine all ingredients and mix well. Place in greased muffin tins. Bake at 350° for 15-20 minutes.

## Energy Bars

(wheatfoods.org)

1 c. bran flakes cereal	¼ c. wheat bran	¼ c. wheat germ
1 ½ t. orange zest	¼ c. orange juice	1 c. dried fruit, chopped
1 egg, beaten	¼ c. vegetable oil	½ c. applesauce
½ c. honey	1/3 c. powdered milk	¾ c. whole wheat flour
¾ c. all-purpose flour	¼ t. baking soda	

Preheat oven to 350°. Grease a 13 x 9 x 2 inch pan. In medium bowl, combine cereal, bran, wheat germ, orange zest and juice, dried fruit, egg, oil, applesauce, honey and milk powder; blend well. Let set 5 minutes. In large bowl, stir together flours and soda. Stir in the first mixture and mix until all ingredients are combined. Spread batter evenly in pan. Bake 15-17 minute or until golden. Cool. Makes 20 bars.

## Simply Ready Quick Mix

(Simply Ready By Terri Johnson)

5 c. whole wheat flour	5 c. white flour	1/3 c. + 2 T. baking powder
1 ¼ c. non-instant powder milk	4 t. salt	1/3 c. sugar
2 c. vegetable shortening		

Mix dry ingredients. Cut shortening into dry ingredients until it looks like cornmeal. Store in tightly covered container in cool place.

**Biscuits:** Mix 2 c. Simply Ready Quick Mix and ½ c. water. Pat out on floured board. Cut with floured cookie cutter or jar ring. Bake at 400° for 10-12 minutes.

**Muffins:** Mix 2 c. Simply Ready Quick Mix, 2 T. sugar, 1 egg, beaten and 2/3 c. water just until moistened. Place in greased muffin tins and bake at 400° for 20-25 minutes. (8 muffins)

**Pancakes and Waffles:** Mix: 4 c. Simply Ready Quick Mix, 2 c. water and 1 egg, beaten. Cook on lightly greased griddle or waffle iron at medium heat. Yields 24 pancakes or 8 waffles.

**Brownies:** Combine: 2 c. Simply Quick Mix, 2 c. sugar, 2/3 c. cocoa, ½ chopped nuts (opt.). Add in 3 eggs, beaten and 2 t. vanilla. Mix well. Place in a greased 9 x 13 pan and bake 350° for 25-30 minutes.

## MAIN DISHES

### Black Bean Bulgur

(wheatfoods.org)

1 c. bulgur wheat, dry	2 ½ c. chicken broth/water	1-12oz can chick peas, drain
1-12 oz can black beans, drained	¼ c. green onions, chopped	1 c. red pepper, chopped
1 c. cucumber	1 t. Tabasco sauce	1 t. cumin
2 T. cilantro, chopped	1 can corn, drained	

Either soak the bulgur in chicken broth or water overnight OR simmer 15 minutes, let stand for 5 minutes. Drain off any excess liquid. Sauté onions in a small amount of vegetable oil. Combine all ingredients and serve hot. Garnish with cilantro. Serves 8.

### Bacon and Wheat Casserole

(Simply Ready By Terri Johnson)

½ c. bacon bits	2 cans tomato soup	1 t. salt
½ c. chopped onion or ¼ c. dried	1 c. grated cheese or ¼ c. pdr.	4 c. steamed wheat
¼ c. buttered bread crumbs		

Mix all ingredients together except bread crumbs and place in a greased baking dish. Sprinkle with bread

### Skillet Spanish Wheat

(Simply Ready By Terri Johnson)

1 lb. hamburger	2 c. steamed wheat	½ c. chop onion or ¼ c. dry
¼ c. chopped green pepper	1/8 t. chili powder	1 t. salt
¼ t. garlic powder	1 can tomato soup	1 c. water

In a skillet; brown hamburger and sauté onion, pepper and garlic. Add chili powder, salt, tomato soup and water to meat. Add steamed wheat and cover the skillet. Allow to simmer for 30 minutes or until wheat is tender. Stir often adding more water if necessary.

### Wheat and Cheese Casserole

(Simply Ready By Terri Johnson)

3 c. steamed wheat	2 cans Cream of Mush. soup	1 c. milk
½ t. dry mustard	½ t. salt	1 t. Worcestershire sauce
¾ c. grated cheese		

Combine all ingredients in a baking dish, reserving ¼ c. cheese for the top. Bake at 350° for 40-45 minutes

### Sesame Chicken and Pasta

(wheatfoods.org)

8 oz. whole wheat linguine	3 cloves minced garlic	1 T. red wine vinegar
1 T. brown sugar	6 T. chunky peanut butter	¼ c. soy sauce, light
6 T. sesame oil	2 T. hot chilie oil	2 cans chicken chunks, drain
4 T. sesame seeds	½ lb pea pods	

Cook linguine according to package directions, add pea pods during last minute. Drain, rinse under cold water and set aside. Put garlic, vinegar, sugar, peanut butter and soy sauce in food processor; chop for 1 minute. With the processor still on slowly add the sesame and hot chili oils through the feed tube and process until well blended. Toss chicken with linguini and pea pods, add sauce and ½ the sesame seeds. Sprinkle with remaining seeds and serve at room temperature. Serves 6.

## Indian Wheat Casserole

(Simply Ready By Terri Johnson)

¼ c. margarine	½ c. onion, chopped	3 c. steamed wheat
½ t. turmeric	½ t. salt	1/8 t. pepper
¼ c. curry	1 c. chicken bouillon	¼ c. slivered almonds

Melt butter in skillet. Sauté onion until tender. Add wheat and seasonings. Pour into an ungreased 2-quart casserole. Pour bouillon over, cover tightly and bake for 35-45 minutes at 350° or until liquid is absorbed and wheat is tender. Stir in almonds.

## Tuna Wheat Casserole

(Simply Ready By Terri Johnson)

2 c. steamed wheat	1 can Cream of Mushroom Soup	1 can tuna
1 T. dry onion	salt and pepper to taste	2 eggs, beaten
1/2 c. cracker or bread crumbs		

Mix together wheat, soup, tuna, onion, and seasonings. Pour into buttered casserole dish. Top with cracker or crumbs. Bake at 350° for 30-40 minutes.

## Chicken and Wheat Casserole

(Simply Ready By Terri Johnson)

¼ c. margarine	½ c. chopped celery	¼ c. chopped onion
2 cans Cream of Chicken Soup	1 c. milk	salt and pepper to taste
½ t. poultry seasoning	4 c. steamed wheat	2 c. cooked, chopped chicken
1 c. grated cheese	½ c. buttered bread crumbs	

Sauté celery and onion in margarine, in large skillet. Stir in soup, milk, cheese and seasonings. Add wheat and chicken. Pour into greased 2-quart casserole. Scatter with bread crumbs. Bake at 350° for 35-40 minutes.

## Wheat Chowder

(Simply Ready By Terri Johnson)

2 c. diced carrots	4 T. flour	3 c. milk
Pepper to taste	1 t. salt	2 c. steamed wheat
1 c. diced celery	½ c. chopped onion	4 slices bacon or ½ c. bits

In large saucepan, fry bacon until crisp. Remove bacon and drain. Add onion, celery and carrots to sauce pan. Cook until tender, adding a little water if necessary. Add flour and cook until mixture bubbles. Slowly stir in milk. Add wheat, bacon, salt and pepper. Heat and serve.

## Wheat Chili

(Simply Ready By Terri Johnson adapted by Debbie Kent)

2 c. kidney or pinto beans, soak	6 c. cooked wheat	1 t. garlic powder
1 c. chopped onion	½ c. dry green pepper	1 t. basil
½ c. ketchup	2 can cut-up tomatoes	1 can tomato sauce
1 t. cumin	1-2 T. chili powder	1 ½-2 c. water
Salt and pepper to taste	1 can beef chunks (opt)	

In large saucepan, combine: onions, pepper, tomatoes, tomato sauce, ketchup, 1 c. of water and spices. Add the beans and wheat. Cook at a simmer, uncovered stirring occasionally until the beans and wheat are tender and the chili is thick, about 1 hour, add meat during last 15 minutes.. Add water if necessary during cooking. Add salt and pepper to taste.

## Hearty Wheat and Beef Chili

([www.wheatmania.com](http://www.wheatmania.com))

1 ½ c. water	1 c. cracked wheat	1 can beef chunks
1/3 c. DH green pepper	1/3 c. dry onion	1 t. chili powder
¼ t. black pepper	1-15oz can tomato sauce	1-16 oz can whole tomatoes
4 c. water	3 t. beef bouillon	1-15 oz can kidney beans
1/2 t. basil	½ t. cumin	

Add cracked wheat to 1 ½ c. boiling water. Simmer 10 minutes, stirring occasionally. Add remaining ingredients, except beef. Cover and simmer 1 hour or place in electric slow cooker on low heat setting for 2-3 hours, stirring occasionally. Add in beef during last 10 minutes. Makes 12 servings of 1 cup.

## Cheeseburger Meatloaf

(Montana Magic)

2 lbs. hamburger	¼ c. ketchup	2 eggs
1 T. Worcestershire Sauce	1 c. whole wheat flour	½ T. pepper
½ c. water	2 T. mustard	1 pkg. dry onion soup mix
1 c. cubed American cheese		

Mix all ingredients. Spread in 9" loaf pan. Bake uncovered at 350°. For 1 hour. Top with ketchup and bake ½ hour longer.

## Fried Rice-less

(Cookin/ W/ Home Storage by Vicki Tate)

2 T. oil	1 c. coarsely chopped onion	1 c. green pepper, diced
2 c. meat	2 c. cooked whole wheat	2 T. soy sauce
½ t. salt	2 eggs, slightly beaten	

In large skillet, sauté onion and green pepper in oil. Then add meat and wheat. Add eggs, soy sauce and salt. Stir until eggs are cooked.

## Boston Baked Whole Wheat

(Cookin/ W/ Home Storage by Vicki Tate)

4 c. whole wheat kernels	10 c. water	¼ c. bacon crumbles
1- lg. onion, diced	1/2 c. molasses	salt/pepper to taste
1 c. catsup	½ t. dry mustard	

In large roaster or Dutch oven, combine wheat, water, bacon, and onion. Combine remaining ingredients in bowl and pour into pan with wheat. Cover and bake at 200° F. for 6 hours. Remove cover the last ½ hour of baking. Add a little boiling water if mixture becomes too dry. Serve hot with bread. Makes 14 cups.

## Sausage and Wheat Casserole

(Wheat Cookin' Made Easy)

2 ½ c. cooked wheat	½ lb. pork sausage	1 med. Onion, chopped
1/2c. green peppers	1 t. seasoned salt	pepper to taste
½ t. garlic salt	½ t. Italian seasonings	1-16 oz can diced tomatoes
1 c. tomato juice or sauce	1 c. mild cheese	

Brown sausage in large skillet. Add onions and peppers. Cook over medium-low heat until tender. Stir in all the seasonings, tomatoes and tomato juice. Simmer another 5 minutes. Stir in wheat. Cover and simmer 15 minutes until wheat is hot. Sprinkle top with cheese before serving. 6 servings.

NOTE- can substitute 2 c. rice for wheat.

## Cheesy Tomato Bake

(Wheat Cookin' Made Easy adapted by Debbie Kent)

3 T. oil	½ c. bacon crumbles	4 T. flour
3 c. tomato juice	1 t. salt	2 T. dry onion
¼ c. water	1 c. grated cheese (1/4 jar spread)	

Soak onion in water for 15 minutes, drain. Heat oil, add bacon, onion and flour, stir for 2 minutes over low heat; add tomato juice, stir and thicken for sauce. Remove from heat and add cheese. Our over wheat and place in buttered baking dish. Bake at 350° for 45 minutes.

## Corned Beef Casserole

(Wheat Cookin' Made Easy adapted by Debbie Kent)

1 can Cream of Mushroom Soup	1 c. water	3 T. dry milk
1-4oz can mushrooms, drain	2 c. cooked, cracked wheat	1 can corned beef
1 c. grated cheese		

Combine all ingredients in a 1 ½ qt. casserole dish. Bake at 350° for 30 minutes.

## Mexican Casserole

(Wheat Cookin' Made Easy adapted by Debbie Kent)

1 ½ c. cracked wheat or bulgur	1 can diced tomatoes	2 ½ c. water
1-4oz can diced green chiles	1 T. chicken bouillon	1/4 c. dry onion, soaked
1 t. salt / pepper to taste	1 t. garlic salt	1-8 oz tomato sauce
1 can chicken chunks	1c. grated cheese (opt)	

Combine all ingredients in 9"x9" baking dish. Bake at 350° for 1 hour. Add cheese 15 minutes before casserole is done.

## Quick Pioneer Stew

(Wheat Cookin' Made Easy adapted by Debbie Kent)

2 cans kidney beans	1 can beef broth	1 t. salt
1 can beef chunks	¼ c. dry onion	¼ c. dry celery
1 can corn, undrained	1 can diced tomatoes	½ t. chili powder
¾ t. salt	½ c. cooked wheat	1 T. flour or cornstarch

Combine all ingredients except flour, bring to a boil and simmer 20 minutes. Combine flour with small amount of water to make thin paste and stir into stew. Stir until thick and bubble.

## Jambalaya

(Wheat Cookin' Made Easy)

2 c. cooked wheat	2 T. oil or butter or margarine	1 T. flour
½ t. garlic powder	1 green pepper, chopped	½ c. onion, chopped
1- 14.5 oz. diced tomatoes	salt and pepper to taste	¼ t. thyme
2 T. Worcestershire sauce	2 c. cooked shrimp or chicken	1 c. tomato sauce
¾ c. pepper jack cheese, grated	2 T. parsley	

Heat oil in sauce pan, add onions and green peppers. Cook until tender. Stir in flour and blend thoroughly. Add tomatoes, water, seasonings, Worcestershire sauce, stir, occasionally. Add wheat and meat then toss. Sprinkle parsley and cheese over the top and place in a 350° oven for 15 minutes. Serves 6.

## Wheat and Ham Casserole

(Wheat Cookin' Made Easy adapted by Debbie Kent)

2 c. cooked wheat	3 T. dry onion	2 T. dry peppers
1-4 oz can mushrooms, drain	1/4 t. garlic powder	1-can Cr. of Chicken Soup
1-can diced tomatoes	1 1/2 c. cooked ham	1/2 c. water

Combine all ingredients in 1 1/2 qt. casserole dish and Bake at 350° for 30-40 minutes.

## Turkey Casserole

(Wheat Cookin' Made Easy)

3 c. cooked wheat	2 c. cooked turkey or chicken	1/4 c. oil, butter or margarine
1/4 c. onion chopped	1/2 c. celery, chopped	2 c. broccoli, fresh or frozen
1/4 c. flour in 1/4 cold water	2 c. chicken broth or water w/	2 t. bouillon
1 c. milk	salt and pepper to taste	1 t. poultry seasoning
1 c. mild cheese, grated	1/2 c. slivered almonds or breadcrumbs (optional)	

Heat oil, add onion and celery. Cook until tender. Blend in flour/water mixture. Stir in chicken broth and milk. Add broccoli. Cook over low heat, stirring constantly until thickened. Add seasonings, wheat, turkey and cheese. Pour into buttered, 2 qt. casserole dish. Sprinkle with almonds or breadcrumbs and more cheese if desired. Bake at 350° for 30-40 minutes.

## Cracked Wheat Hamburger

Kathy in FL (fluwiki.com)

1 c. cooked cracked wheat	1 T. oil	1 T. brown sugar
1 egg	2-3 dashes each onion & garlic salt	1 t. beef bouillon
2-5 T. flour		

Mix all together and fry.

## Cracked Wheat Sausage

(Kathy in FL) fluwiki.com

1 c. steamed cracked wheat	1 1/2 t. sage or Italian seasoning	1 t. beef bouillon
2-3 dashes onion and garlic salt	1 t. Worcestershire sauce	1 egg
3-4 T whole wheat flour	1 T. oil	1 T. brown sugar
dash of cayenne	3-4 drops liquid smoke	

Fry after mixing.

## Ground Wheat Meat

Wheat meat is made from freshly ground wheat. You mix it with water. The ratio is 2 parts flour to 1 part water. You knead it for 10-15 minutes then cover with cold water for 1 hour. Then the fun begins. You need to wash the starch and bran out but rinsing the dough under hot water until the dough is firm. You do not want any bran left in the dough. Let it drain for 30 minutes.

The gluten can then be flavored in various ways.

Beef flavoring:

2 T beef bouillon	1 T soy sauce	4 tsp seasoned salt
1 tsp pepper	1/2 C onion	

Mix ingredients and bring to a boil. Add gluten pieces and simmer for 30 minutes. If you run this through a meat grinder, this can then be used in place of ground meat.

## Gluten Steaks

1 egg, beaten  
6 slices of bacon

fine bread crumbs  
1 can mushroom soup

1/2 cup margarine

Form gluten into steak shapes and season with basic beef flavoring. Fry bacon, crumble into fine pieces. Return to pan. Brown "steaks" in butter with bacon. Pour mushroom soup over steaks. Heat and serve

## Wheat Sprout Meatballs

2 c. wheat sprouts

1 medium onion

1 tsp. salt

2 Tbs. oil

2 eggs, beaten

2 c. bread crumbs

Grind bread crumbs. Put sprouts and onion through food grinder, using fine disc. Add salt, oil, and beaten eggs. Shape into balls and brown in oil in frying pan until brown and heated through.

## Cracked Wheat Meat

Crack your wheat by coarsely grinding it with your grinder.

2 c. cracked wheat

1 T. basil

1 T. garlic powder

1 T. Italian seasoning

2 bouillon cubes, chicken or beef

1/3 cp. oil

oil to fry with

1 yeast packet (opt) just adds flavor

flour to thicken

water

First preheat skillet, add oil and cracked wheat. Roast or brown the wheat till well browned and smells yummy (15 min) Add water to cover. Add bouillon and spices. (If you season with Sage, they taste like sausage) then cook until wheat is soft and water is absorbed but still moist.(30 min). Remove from skillet, put in medium bowl, mix adding flour a little at a time and yeast packet until mixture thickens to a paste thickness. Heat oil medium-high in pan about 1/2 inch. Drop by spoonfuls and flatten with a fork into patty. Cook quickly, watch them they burn easily. Should be crispy on the outside and chewy on the inside. If the temperature is too low, they will saturate with oil and fall apart. By adding an egg to the mix you can form meatballs - add some seasonings and have taco flavoring or sloppy joes or sage for sausage flavor.

## SIDE DISHES & SALADS

### Mexican Wheat

(Simply Ready By Terri Johnson)

4 c. steamed wheat	2 c. water	15 oz. canned tomatoes
1 T. salt	¼ t. cumin	¼ t. garlic powder
¼ t. pepper	¼ c. dry onion	

Combine all ingredients in a skillet and stir until well mixed. Cover and simmer for 30-45 minutes or until wheat is tender and liquids are absorbed. Add more water if wheat becomes dry during cooking.

### Wheat Parmesan

(Simply Ready By Terri Johnson)

4 T. oil	½ c. chopped onion	2 c. steamed wheat
2 c. water	2 t. chicken bouillon	1 t. salt
¼ t. pepper	¼ t. garlic powder	1 T. parsley flakes
¾ c. parmesan cheese		

Sauté onion in oil. Add wheat, water, bouillon, salt, pepper and garlic. Cover and simmer over low heat until liquid is absorbed. Just before serving add cheese and parsley.

### Barbecued Wheat

(Simply Ready By Terri Johnson)

3 c. steamed wheat	1/3 c. catsup	1/3 c. molasses
1 t. dry mustard	½ C. bacon pieces	2 T. dried minced onions
2 T. honey or sugar	¼ t. Worcestershire sauce	

Mix all ingredients together in casserole dish and cover tightly. Bake at 350° for 1 hour. Uncover last 10 minutes.

### Pizza Crust

(Montana Magic)

1 ½ c. warm water	1 T. yeast	3 c. whole wheat flour
1 ½ t. salt	1 t. sugar or honey	

Dissolve yeast in water. Mix together all ingredients. Beat vigorously with fork until smooth. Let rise until double. Shape into 2 greased pizza pans. Lightly oil dough before putting on sauce.

Top with sauce, cheese, etc. Bake at 425° for 20 minutes.

### Mushroom Wheat Berry Pilaf

(Alton Brown on foodnetwork.com)

2 t. olive oil	1 ½ c. onion, chopped	½ t. salt
5 cloves garlic, minced	1 T. butter	1 lb mushrooms
1 T. soy sauce	½ c. chicken broth	1 ½ c. cooked wheat berries
1 ½ c. rice, cooked	¼ t. thyme leaves	½ t. dried rosemary
1 t. lemon zest	salt and pepper	

Heat oil in large sauté pan over low heat. Add onions and salt and cook until soft, about 10 minutes. Add garlic and continue cooking for 5 minutes. Add butter and melt. Add mushrooms and soy sauce, increase heat to medium and continue cooking for 5-10 minutes, until mushrooms release their liquid. Add broth and simmer 5 minutes. Add wheat berries, rice, thyme, rosemary and lemon zest, heat through. Season to taste with salt and pepper.

## American Style Pilaf

3 tbsp butter/ margarine/oil      3 tbsp chopped onion      2 c. cooked wheat  
2 c chicken stock      1/2 tsp salt      1/8 tsp pepper Melt butter in heavy skillet; add onion and sauté until opaque. Add remaining ingredients, cover and simmer over low heat 20 minutes, or until all liquid is absorbed.

### Variations:

**Beef flavored:** substitute beef stock or canned bouillon for the chicken stock. Add 1 tsp. Worcestershire sauce

**Parsley:** Add 1/4 tsp. chopped parsley to the chicken flavored pilaf at the beginning of cooking.

**Parmesan Pilaf:** Increase onion to 1/4 cup and add with it 1/4 tsp minced garlic. When cooking is completed, stir in 1/3 c parmesan cheese and 1 tbsp minced parsley.

**Pink Pilaf:** Substitute 1 cup tomato juice, 1 cup chicken broth, and 1/4 c water for the 2 cups chicken broth.

**Taiwan Pilaf:** When cooking is completed, stir in 1 to 2 tbsp soy sauce.

**Pilaf Almondine:** Cook 1 cup bulgur. When cooked, add 1/3 to 1/2 cup butter or margarine. Sprinkle with chopped, toasted almonds.

## Tabouli (Tabbouleh)

1 c. bulgur      1 1/2 c boiling water      3 med. tomatoes, seed, diced  
1 1/2 c flat parsley, finely chopped      1/2 c chopped red onion      1/4 c fresh mint, finely, chop  
1 cucumber, finely diced      3 tbsp oil (olive)      1/4 c. lemon juice  
1 tsp salt      1/4 tsp pepper      1 t. lemon zest (opt)

In large bowl, stir bulgur with water; let stand, covered 15 minutes until bulgur softens and re-hydrates. Drain bulgur well. Add tomatoes, cucumber, onion, mint and parsley; mix well. Whisk remaining ingredients together, pour over the salad and toss well to combine. Cover and chill for at least 1 hour. Serves 6. (Can use cooked whole kernel wheat.)

## Toasted Corn and Bulgur Salad

(wheatfoods.org)

3/4 c. dry bulgur      1/3 c. water      1 t. salt  
1 c. frozen corn, thawed, drained      1 T. olive oil      1 pt. cherry tomatoes, halved  
1/3 c. chopped green onions      2 T. red wine vinegar      1 t. pepper

In a large, heavy skillet toast bulgur over medium heat 5-10 minutes, stirring occasionally until lightly browned. Add water and salt and bring to a boil. Reduce heat and simmer covered, 5-10 minutes or until water is absorbed. Remove from heat and let stand 10 minutes covered. Transfer to bowl and cool in refrigerator.

Add corn, tomatoes, onions, vinegar and pepper to bulgur. Toss lightly and chill before serving. 6 servings.

## Artichoke Wheat Berry Salad

(wheatfoods.org)

1 c. whole wheat berries, soaked      3 c. chicken broth      3 green onions, sliced  
1 sm. yellow pepper, seeded and dice      20 stuffed olives      1/2 c. mayonnaise  
2-6 oz marinated artichoke hearts, drained (reserve liquid)      1/4 t. curry powder  
Heat chicken broth and add whole wheat. Simmer wheat until soft, 1/2-1 hour; drain excess liquid. Add onions, pepper, olives and artichokes to wheat berries. Blend mayo and curry powder into 1/4 c. artichoke liquid until smooth. Add to wheat mixture and mix thoroughly. Chill several hours before serving or overnight. Serves 12.

## Cracked Wheat Salad

(Simply Ready By Terri Johnson)

2 c. cracked wheat	6 c. water	¾ c. Miracle Whip
4 T. chopped green pepper	½ c. chopped green onion	¾ c. chopped celery
1 c. chopped tomato (optional)	¼ t. salt	Pinch pepper
1 c. tuna or shrimp		

Cook cracked wheat in water until tender. Cool. Add and mix in remaining ingredients. Chill then serve cold. Bake at 350° for 45 min.

## Apples and Wheat Berry Salad

(Wheat Cookin' Made Easy)

3 c. cooked whole wheat	1 c. diced celery	2 large apples, cored/ diced
1 c. raisins	¾ c. mayo	3 T. Sugar
1 ½ t. lemon juice, fresh if poss.	½ t. nutmeg	

Combine all ingredients in a large bowl and mix well. Refrigerate for 2-3 hours. To serve, place on a bed of lettuce and sprinkle with chopped walnuts or grated cheddar cheese. Serves 6-8.

## Carrot, Pineapple and Wheat Salad

(Wheat Cookin' Made Easy)

2 ½ c. shredded carrots	1-8oz can crush. pineapple, drained	2 c. cooked whole wheat
½ c. raisins	½ c. mayo	1 t. honey

Combine all the ingredients and chill for at least 1 hour. Serves 6-8.

## Chicken-Wheat-Avocado Salad

(Karen Tolman)

2 T. lemon juice	1 1/2 C. diced avocado	1c. dice/cook chicken/turkey
1 C. cooked whole wheat	1 C. chopped celery	2 T. minced green onion
4 T. mayonnaise	4 T. sour cream	1 tsp. salt
1/3 C. chopped nuts (optional)		

Pour lemon juice over avocado; add other ingredients and gently mix. Put on lettuce leaves to serve. (To extend the salad, you can add extra cooked wheat.)

## Orange, Pine Nuts and Raisins Bulgur Salad

(foodnetwork.com)

1 ½ c. bulgur	1 ½ c. hot water	3 T. lemon juice
3 T. orange juice	1 T. grated orange rind	2 cans mandarin oranges
1/3 c. olive oil	4 green onions, sliced	1/3 c. chopped fresh mint
1/3 c. chop parsley leaves	1/3 c. pine nuts, toasted	1/3 c. raisins
Salt and pepper to taste		

In large bowl combine bulgur, water, lemon and orange juice and rind. Tightly cover with plastic wrap and let mixture stand, at room temperature, until liquid is absorbed, about 30 minutes. Fluff mixture with a fork. Add all remaining ingredients; season with salt and pepper. Let salad stand, covered for 30 minutes before serving.

## DESSERTS

### Bottled Fruit Cake

(Wheat Cookin' Made Easy)

1 qt. or 2-15 oz cans bottle fruit	1 c. oil	2 c. sugar
4 c. whole wheat flour	1 t salt	4 t. baking soda
4 t. cinnamon	1 t. nutmeg and cloves	2 c. nuts/raisins/choc.chip

Use room temp. fruit. In large mixing bowl, blend fruit, oil, and sugar until well blended. Sift dry ingredients together and add to fruit mixture. Pour into greased and floured 9"x13" cake pan. Bake at 350° for 40-50 minutes. Cool. Dust with powdered sugar.

### Chocolate Chip Cookies

(Debbie Kent)

Makes about 100 cookies

2 c. Crisco shortening	2 c. sugar	1 c. brown sugar
4 eggs	4 t. vanilla	4 c. WW flour (or ½ white)
2 t. baking soda	2 t. salt	2 c. oatmeal
2 c. chocolate chips		

Beat shortening, sugars, eggs and vanilla until creamy. Add dry ingredients 1 cup at a time, when mixed, add in choc. chips. Bake at 350° for 11 minutes on greased cookie sheet. (recipe can be halved)

### Baked Wheat Pudding

(Wheat Cookin' Made Easy)

6 eggs	¾ c. brown sugar	½ t. salt
1 ½ t. vanilla	3 c. milk	2 c. cooked wheat
1 c. raisins		

Slightly beat eggs and add sugar, salt and vanilla, the milk and stir until all sugar is dissolved. Add wheat and stir to break up lumps. Stir in raisins. Pour into greased 2-qt casserole dish. Sprinkle with nutmeg or cinnamon and bake at 350° for 1 hour, until set. Serve warm or cold. Top with cream, fruit or whipped cream.

### Chocolate-Coconut Wheat Berry Candy

(Wheat Cookin' Made Easy)

3 T. cocoa	½ c. milk	2 c. sugar
¼ t. salt	1 t. vanilla	1 c. cooked wheat
2 c. quick oats	½ c. coconut	

In small pan, stir together cocoa, milk, sugar, salt and vanilla. Stirring constantly, slowly bring to a boil. Remove from heat. And mix in remaining ingredients. Drop by teaspoon onto a greased cookie sheet. Put in refrigerator to set. Makes 30 pieces.

### Cheesecake Squares

(Simply Ready By Terri Johnson)

2 c. condensed milk	½ c. lemon juice	¾ c. shortening or margarine
1 c. brown sugar	1 ¾ c. wheat flour	½ t. baking soda
1 t. salt	1 ½ c. oats	

In blender, blend condensed milk and lemon juice until set. Set aside. Mix shortening and sugar. Mix flour, soda, salt and oats together. Mix the flour mixture with the shortening mixture until crumble. Place ½ of the crumb mixture in a greased 9 x 13 pan. Press into pan. Spread lemon filling over the top of crumb crust. Top with remaining crumb mixture. Bake at 350°, 25-30 minutes or until lightly browned. Cool and cut into bars.

## Crazy Chocolate Cake

(Simply Ready By Terri Johnson)

1 egg	2 c. sugar	1 c. shortening
1/2 c. baking cocoa powder	3 c. wheat flour, sifted 2x	1/4 c. non-instant dry milk
2 t. baking powder	2 t. baking soda	2 t. vanilla
2 c. boiling water		

Mix all at once and beat for 3 minutes. Place in greased 9 x 13 pan. Bake at 350° for 35-45 minutes or until done.

## Cereal Balls

(submitted by Susan Davis)

10 cups assorted cereal (we use puffed wheat, rice chex, & cheerios)  
4 cups miniature marshmallows      1/3 cup peanut butter      1/4 cup butter

Put cereal in a large bowl (largest Tupperware size works best). Melt the remaining 3 ingredients in pot stirring frequently until smooth. Pour mixture over cereal, stir until evenly coated. Shape into balls with buttered hands.

## Whole Wheat Carrot Cake

1 C. cooking oil	1 C. granulated sugar	1 C. packed brown sugar
1 tsp. vanilla	4 eggs (2/3c egg pdr&2/3c water)	2 C. whole wheat flour
1/3 C. dry milk	1 tsp. each: baking soda	1 t. baking powder
1 t. salt	2 tsp. ground cinnamon	1 C. chopped nuts
1 C. DH Carrot or 3 C. finely shredded carrots		

Reconstitute eggs with warm water and whip with wire whip. Re-hydrate carrots in 3 C. warm water, let set for about 20 minutes, and drain.(should be about 3 C.) In a large mixer bowl, combine oil, granulated sugar and brown sugar on low speed of electric mixer till mixed. Add vanilla; beat in eggs. In another bowl, stir together flour, milk powder, baking soda, baking powder, salt and cinnamon. Add to egg mixture till well blended. Stir in carrots and nuts. Pour batter into a greased and floured bundt pan. Bake in 350° oven for 50-60 minutes or till cake tests done. Cool in pan, and invert on serving plate. Sprinkle sifted powdered sugar on top.

## Blender Wheat Spice Cake

(Simply Ready By Terri Johnson)

2 1/4 c. whole-wheat grain	2 T. vinegar	2 c. water
3/4 c. cooking oil	2 c. sugar	2 t. baking soda
1 t. cinnamon	1/4 t. nutmeg	1/4 t. cloves
1/2 t. salt		

Place water, vinegar and wheat into blender and blend on high 2-3 minutes. Stir. Blend again 2-3 minutes until the grain is blended into a flour batter. Add oil and stir in with spoon. Then blend again for 1 minute. (batter should be near 6 c. mark on blender). Set aside. Pour batter into a large mixing bowl. Stir in sugar. Sprinkle soda, spices and salt over batter and stir until well blended. Bake at 350° for 40-45 minutes.

## Graham Crackerless Crust

(Montana Wheat)

1 c. whole wheat flour	½ t. salt	1 t. baking powder
½ c. sugar	1 T. dry milk	6 T. butter or marg., melted
½ t. vanilla		

Mix dry ingredients together. Add margarine and vanilla. Mix well. Press into 9" pie plate. Bake at 400° for 5 minutes.

## Easy Strawberry Pie

(Montana Wheat)

1 Graham Crackerless Crust	1-10oz.frozen strawberries in syrup	
1- 8 oz. strawberry yogurt	1 – 8 oz tub whipped topping	½ t. cinnamon
1 T. cornstarch		

Drain juice from thawed strawberries into small sauce pan. Dissolve cornstarch in juice. Heat and stir until thickened. Let cool. In large bowl mix together strawberries, yogurt, whipped topping, cinnamon and cooled syrup. Pour into cooled crust. Refrigerate 1 hour before serving.

## Light Angel Food Cake

(healthykitchens.com)

¾ c. whole wheat flour	¼ c. corn starch	1 ¼ c. powdered sugar
12 large egg whites	½ t. salt	1 ½ t. cream of tartar
1 c. powdered sugar	1 t. vanilla	

Mix dry ingredients (reserving 1 c. sugar) together in bowl. Put egg whites in another bowl with salt and cream of tarter. Whip on high speed until whites will stand in peaks. Switch to low speed. Gradually add 1 c. powdered sugar and flavoring. Stop the mixer and sprinkle in 1/3 of the flour mixture. Lightly blend again using the momentary switch. Do not thoroughly blend. Add the remaining flour mixture and blend only until mixed. Pour into angel food cake pan and bake 30-35 minutes at 375°. Invert pan to cool.

## CRAZY CAKE

This is an eggless, milkless, rich and tasty chocolate cake that only dirties the pan in which it is baked. Easy enough a 4 year old can mix it after you have measured the ingredients. As this cake is mixed and cooked in the pan, it is a good traveler to picnics, pot lucks. Etc.

1/3 cup baking cocoa 1 tsp. salt  
2 tsp. Baking soda ¾ cup oil  
2 cups sugar 2 Tbsp. vanilla  
3 cups flour 2 Tbsp. vinegar  
2 cups cold water

(Note: any vinegar may be used, but apple cider vinegar is best.)

In a large, ungreased 9 x 13 pan, set a large sifter. Into the sifter place the cocoa, baking soda, sugar, flour and salt and sift. Mix the dry ingredients until uniform in color. Make 2 'wells' in the dry ingredients. Place the oil in one, and the vanilla in the other. Set aside. Pour the vinegar into the cold water and stir to mix. Pour the water/vinegar mixture over all. Stir with a fork BUT DO NOT BEAT. When all the mixture is wet and there are no 'pockets' of dry mixture or oil even in the bottom corners, it is ready to bake, even though the cake mix will be lumpy. As long as the 'lumps' are wet all the way through, you are set. Bake at 375 degrees for 45 minutes to 1 hour or until toothpick inserted in the center comes out clean. Cool and serve. Note: This cake goes well with no frosting.

Hey, I made whole wheat crust pizza last week and it was delicious (if I do say so).

Here is the recipe:

Crust

Stir together:

4 C Warm Water

4T each dry yeast and sugar

Stir into water mixture and knead 10 minutes (I cheated and used my bread mixer)

1/2 C oil

4 tsp salt

10 C whole wheat flour (I used half whole wheat and half white)

Roll out to 1/8" thickness and put on pans. Let rise then top with pizza sauce, mozzarella cheese (I add cheddar too) and toppings of choice (I used peppers, black olives, pepperoni, mushrooms)

Bake at 400 till crust is brown (about 20 minutes)

For pizza sauce I used one can of tomato paste, one can of tomato sauce add 1 tsp oregano and 1 tsp garlic powder. Mix and spread on pizza crust.

Whole Wheat Pancakes<O😊</O😊  
From Swanson's kitchen<O😊</O😊

2 cups whole wheat flour<O😊</O😊  
1 tsp. salt<O😊</O😊  
1 tsp. baking soda<O😊</O😊  
1 tsp. baking powder<O😊</O😊  
1/2 cup powdered milk<O😊</O😊  
1 Tbs. honey or sugar  
1 egg or 1 Tbsp. powdered egg<O😊</O😊  
2 Tbs. oil or melted butter (butter tastes better)<O😊</O😊  
2 cups water (Could use buttermilk or milk and omit the powdered milk.)<O😊</O😊  
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Mix all the dry ingredients together. Mix in all wet ingredients until well blended. Let sit while griddle is heating. It thickens while it sits. <O😊</O😊  
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Variations: add a mashed banana, 1-2 tsp. cinnamon, or huckleberries.<O😊</O😊

Light Whole Wheat Bread<O😊  
(favorite at the Swanson's house, from Magic Mill recipe)<O😊</O😊

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6 cups warm water<O😊</O😊  
8 cups whole wheat flour (we like the hard white wheat)<O😊</O😊  
Mix this in mixer with dough hook until blended.<O😊</O😊  
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Add: 2 T. yeast (instant)<O🍌/O🍌

1 ½ T. salt<O🍌/O🍌

1/3 cup oil

1/3 cup honey<O🍌/O🍌

Mix until barely mixed in. Turn mixer to about a medium speed and add wheat flour 1 cup at a time until the sides of the mixer comes clean. About 7-8 cups wheat flour. Let the mixer knead the dough for about 10-12 minutes. Turn dough out onto a lightly greased countertop. Shape into 6 loaves & put into greased pans. Let raise until doubled. Bake at 350 for 30 minutes.<O🍌/O🍌

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### Multi-grain Bread <O🍌/O🍌

(from Mama Schleg's kitchen & her daughter Juj)<O🍌/O🍌

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6 cups hot tap water<O🍌/O🍌

2 cups 10-grain hot cereal, dry (any number of grains will do, I get mine in the bulk bins at Winco)<O🍌/O🍌

1/3 cup flax seed<O🍌/O🍌

1 cup sunflower seed, cracked<O🍌/O🍌

½ cup vital wheat gluten<O🍌/O🍌

2 Tbsp lecithin (optional)<O🍌/O🍌

2/3 cup honey<O🍌/O🍌

2/3 cup oil<O🍌/O🍌

2 Tbsp salt<O🍌/O🍌

3 Tbsp yeast<O🍌/O🍌

Whole wheat flour (approximately 14 cups total)<O🍌/O🍌

3 Tbsp. dough enhancer (optional)<O🍌/O🍌

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Put first 5 ingredients into mixer. Mix gently to fold ingredients together. Let sit 5 minutes. Add 9 cups whole wheat flour, honey, oil, salt, and lecithin (if desired) and mix to a paste. Add yeast and mix gently. Add whole wheat flour 1 cup at a time until dough cleans sides of the bowl. Knead 10 minutes if not adding dough enhancer. Form into 6 loaves. Press into bottom of greased loaf pans. Let rise until doubled in size. Bake at 350 for 25-30 minutes. When baked, brush top with butter.<O🍌/O🍌

### Mama Schleg's Quick Wheat Rolls<O🍌/O🍌

9-10 cups flour, part whole wheat, part all-purpose (I like about 2/3 W.W.)<O🍌/O🍌

3 cups milk<O🍌/O🍌

2 cubes butter<O🍌/O🍌

1 cup sugar<O🍌/O🍌

3 Tbsp instant dry yeast<O🍌/O🍌

4 eggs<O🍌/O🍌

2 scant Tbsp. salt<O🍌/O🍌

2 tsp dough enhancer, if desired<O🍌/O🍌

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Scald milk in saucepan. Set aside. In mixer bowl, place sugar, yeast and butter. When milk has cooled some (enough to still melt butter, but not kill yeast), pour over stuff in mixer bowl. Let sit until yeast is bubbly and begins to grow. Add 3 to 4 cups of the flour. Mix thoroughly. Add eggs and blend. Add salt. Add remaining flour one cup at a time until dough pulls away from the sides of the bowl. Dough should still be quite sticky. Knead 5 minutes. Add dough enhancer, desired, and knead 3 more minutes. With floured hands, divide and shape into desired rolls. Place in greased or parchment-lined pan. Let rise until doubled. Bake at 350 for about 20 minutes. Should make 2-3 dozen rolls, depending on size. 😊😊  
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\*For later use: At this point you can stick the rolls into the freezer to use another time. Three hours before you want to serve them, take them out and put them in a warm place. Then bake for 20 minutes just prior to serving. 😊😊  
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### **Whole Wheat Tortillas**

4 cups whole wheat flour (fine)  
1/4 tsp. Baking powder  
2 tsp. Salt  
1 cup warm water (may need a little more)  
1/4 cup cooking oil

Mix all ingredients together to make a nice pliable dough. Knead one minute and let rest five minutes. Form into 18 balls, roll thin, and fry on both sides. It doesn't take long to cook. Here is the recipe for the flour totillas at the Chevys Fresh Mex restaurant. I LOVE these things!!

6 cups flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
1/2 cup shortening (cut into small pieces)  
2 1/2 cups warm water

Place the flour in a bowl of a mixer and add the baking powder and salt, stirring to mix well. Add the shortening. Turn the mixer on low and slowly add the water. Mix on low for 90 seconds or until well mixed.

Scrape the dough out of the bowl onto a floured surface. Divide the dough into two equal portions. Cover with plastic wrap and set aside for 20 minutes. Divide each half onto 8 equal portions. Making 16 dough balls. Lightly flour your work surface. With a floured rolling pin, roll each ball into an 8 inch round. Stack the rounds on a baking sheet with plastic wrap between each tortilla. Let the tortillas rest for 10 minutes.

Heat a griddle or large cast-iron skillet over medium heat, and lightly coat with vegetable oil cooking spray. Cook the tortillas on the griddle or in the skillet for 1 minute on each side, or until light brown spots form on the surface.

## How to Make Homemade Corn Tortillas

Fresh corn tortillas are a fun meal project for adults and children.



### INGREDIENTS

2 cups masa harina  
pinch of salt  
1 cup warm water  
Makes: 12- 6 inch tortillas

### INSTRUCTIONS

**1** Combine all the ingredients in a large bowl and stir with a wooden spoon until the mixture forms into a dough.



Dry masa flour **2** Turn the dough onto a lightly floured surface such as a cutting board or your counter top. Knead the dough for about 3 to 4 minutes until it becomes smooth and no longer sticky. Cover the bowl with plastic wrap and allow the dough to rest at room temperature for about an hour.



Masa dough holding for 1 hour

**3** Divide the tortilla dough into 12 equal size pieces. Keep the dough covered as you work. Take one piece at a time and roll it between your hands to form a ball.

When I make whole wheat tortillas I have found that I need to let the dough rest for 4-5 hours to really let the gluten start to work. When I don't let the dough rest that long they seem to break apart and crack much easier. After mixing the dough I just cover the bowl with a glass plate or plastic wrap so that the surface doesn't dry out. When I make more than we can eat, I found the best way to store them is stacked together and wrapped in a barely damp paper towel and put inside a gallon zip lock bag in the refrigerator.

I use the recipe from Cookin' with Home Storage from Peggy Layton and Vicki Tate. I just substitute 1/2 cup vegetable oil for the 1/2 cup shortening.

5 cups whole wheat flour  
1/2 cup vegetable oil  
1 teaspoon salt  
2 cups hot water

I either cook them on my tortilla maker or on a dry cast iron skillet. (Don't oil or butter the pan) I only cook each side about 20-30 seconds. Makes 20.