



Taste Testing Recipes and Ideas

Prepare both refined and whole grain versions of the following:

Spanish Rice

2 cups uncooked brown rice or 1-1/2 cups uncooked white refined rice

1 to 1-1/2 cups mild salsa

1 cup canned corn

1/2 cup shredded cheddar cheese (or more if preferred)

1. Cook rice – either brown or refined. Follow package instructions.
2. Stir in salsa and corn.
3. Sprinkle on cheese.
4. Warm if necessary to melt cheese.



Additional Ideas:

Tortilla with melted cheese

Bagel with cream cheese

Tuna Salad

1 lb. whole wheat or enriched pasta: rotini, macaroni, penne, or whatever shape is available

1 cup salad dressing

1 cup frozen peas

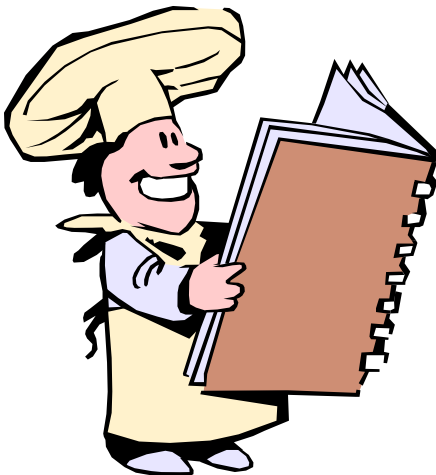
1/3 cup chopped onions

1 6-oz. can tuna

1/2 cup shredded cheddar cheese (or more if preferred)

Salt, pepper to taste

1. Cook pasta – either whole grain or enriched. Follow package instructions.
2. Drain pasta, cool in refrigerator or rinse in cold water to cool.
3. Stir in salad dressing, peas, onions, tuna and cheese.
4. Add salt and pepper to taste.



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EXTENSION