



Taste the Goodness of Oklahoma!





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Welcome to the wonderful world of Oklahoma wheat! This recipe booklet, developed by the Oklahoma Wheat Commission, features tasty recipes that will inspire and please, whether cooking for family or friends. From panini to penne, bruschetta to fajitas, there are nine delicious recipes covering a range of meal occasions. Each recipe includes easy-to-follow directions and nutritional information. The Dietary Guidelines for Americans recommend we eat six servings of grains a day, with half of those from whole grains. That's because grains, both whole and enriched, are important sources of essential nutrients needed for optimal health.

We hope you'll find making these recipes as fun and rewarding as it was for us to put them together for you. Enjoy!

For more information, visit okwheat.org or wheatfoods.org

Bruschetta

Ingredient List

12 slices, small Italian or French bread, toasted
3 large tomatoes, chopped
1 tablespoon olive oil
3 tablespoons chopped fresh basil
¼ teaspoon salt



Directions

Combine tomatoes, oil, basil and salt in a covered bowl and let marinate at least 4 hours (Do not refrigerate; tomatoes will lose their flavor). Use a slotted spoon to layer on to bread. Serve immediately.

Servings: 6 - 2 slices each Calories/Serving: 213

Nutrition: One serving (2 slices) provides approximately:
6 g protein, 37 g carbohydrates, 3 g fiber, 5 g fat (1 g saturated),
0 mg cholesterol, 61 mcg folate, 2 mg iron, 489 mg sodium.

Penne Pasta with Sun-Dried Tomato & Walnuts

Ingredient List

8 ounces whole wheat penne pasta
3-4 cloves pressed garlic (through a garlic press) or minced
 $\frac{1}{3}$ cup chopped walnuts, lightly toasted
 $\frac{3}{4}$ cup sliced sun-dried tomatoes
3 tablespoons olive oil
1 teaspoon dried basil or 1 tablespoon fresh
 $\frac{1}{4}$ teaspoon salt
2 ounces crumbled feta cheese
2 tablespoons grated or shaved Parmesan cheese

Optional: For a main dish, add 4 ounces cooked chicken breast, cut into short strips (not included in nutrient analysis).

Directions

In a large saucepan, bring 3 quarts of water to a boil. Add the penne pasta and cook according to package directions. When draining, reserve $\frac{1}{2}$ cup of the pasta water. Put the sun-dried tomatoes in the reserved water to plump (drain well when you are ready to add them to the mixture). Toast the walnuts under the broiler until slightly browned. Be sure to watch closely as they can burn quickly. Put the pressed garlic in a large bowl. Add the walnuts, sun-dried tomatoes, olive oil, basil, salt, and cheeses. Add the pasta and toss all ingredients until pasta is well-coated. Pour onto a platter and serve warm.

Serves: 8 as a side dish; 6 as a main dish; Calories/Serving: 220
Nutrition: One side-dish serving (without chicken), provides approximately: 7 g protein, 25 g carbohydrates, 4 g fiber, 11 g fat (2.5 g saturated), 5 mg cholesterol, 11 mcg folate, 280 mg sodium.



Artichoke Wheat Berry Salad

Ingredient List

- 1 cup whole wheat berries
- 3 cups chicken broth
- 3 green onions, sliced – tops and all
- 1 small yellow pepper, seeded and diced
- 20 stuffed olives, sliced
- 2 - 6 ounce jars marinated artichoke hearts, drained (reserve marinade)
- ½ cup light mayonnaise
- ¼ teaspoon curry powder

Directions

Heat chicken broth and add whole wheat. Simmer ½ hour; refrigerate mixture overnight.

In the morning, simmer wheat until soft, approximately ½ to 1 hour; drain excess liquid. Add green onions, pepper, olives and drained artichokes to wheat berries. Blend mayonnaise and curry powder into ¼ cup reserved artichoke marinade until smooth. Add to wheat mixture and mix thoroughly. Chill several hours before serving or overnight.

Note: By soaking the wheat overnight, cooking time is cut in half.

Servings: 12 Calories/Serving: 132

Nutrition: One serving provides approximately:

4 g protein, 16 g carbohydrates, 3 g fiber, 7 g fat (1 g saturated), 4 mg cholesterol, 36 mcg folate, 1 mg iron, 618 mg sodium.



Brie, Apple & Smoked Turkey Croissant Panini

Ingredient List

2 medium croissants, regular or whole wheat, sliced in half crosswise
2 tablespoons cranberry mustard or honey mustard
4 ounces thinly sliced smoked turkey breast
2 sweet or dill gherkins, thinly sliced lengthwise
2 slices brie, about 1 ounce each
½ medium Granny Smith apple, unpeeled, thinly sliced



Directions

Spread mustard on the cut sides of the croissants. On one side of each croissant lay half the turkey, gherkins, brie and apple. Top each sandwich with the other half of the croissant.

If you are using a panini press, place the sandwiches in the press, close it and cook over low heat for about 4 minutes, until the cheese has melted and the bread is crisp.

If you do not have a panini press, put the sandwiches in a non-stick skillet, or a regular skillet that has been lightly coated with cooking spray, and set another skillet (large enough to cover the sandwiches, but small enough to sit down inside the first skillet) on top of the sandwiches. Weigh the top skillet down with a small, heavy saucepan, a teakettle filled with water, or other heatproof weight (a clean brick will work, for example). Cook over low heat for 2 minutes. Remove the top skillet, flip the sandwich, replace the top skillet (and weight) and cook for about 2 more minutes, until the cheese has melted and the bread is crisp. Cut each sandwich in half and serve hot.

Servings: 2 Calories/Serving: 440

Nutrition: One serving provides approximately:

22 g protein, 41 g carbohydrate, 3 g dietary fiber, 21 g total fat, 12 g saturated fat, 90 mg cholesterol, 74 mcg DFE (folate), 1290 mg sodium.

Pumpkin Yeast Rolls

Ingredient List

1 large egg
¾ cup very warm water (approx.
120 degrees F)
¾ cup canned pumpkin, unsalted
(or mashed, canned sweet potatoes)
⅓ cup vegetable oil
¼ cup sugar
¾ teaspoon salt
3½ cups bread flour or 3 cups plus
6 tablespoons white whole wheat
flour
1 tablespoon gluten (optional)
1 package active dry yeast

Directions

Place ingredients in the bread machine in the order listed. Select the dough cycle and let the machine do its work. (Check early in the cycle to make sure the dough is not too moist or too dry and add flour or water as necessary.)

Divide dough into 18 pieces and shape into rolls.

Place in two 8" X 8" greased pans and let rise until double in size.

Bake for 20 minutes at 375 degrees F.

Let pans sit for 5 minutes on cooling racks before turning the rolls out onto the racks. Rolls freeze well for up to 3 weeks in a re-sealable plastic bag.

Servings: 18 Calories/serving: 155
Nutrition: One roll provides approxi-
mately: 4 g protein, 23 g carbohy-
drates, 1 g fiber, 5 g fat (0.5 g satu-
rated), 11 mg cholesterol, 21 mcg
folate, 0.5 mg iron, 100 mg sodium.

Note:

*Bread flour was used in the recipe
analysis. The optional ingredient is
not included in nutritional analysis.*



Beef Fajitas

Ingredient List

6 - 8 inch whole wheat flour tortillas
1 pound top round beef steak cut into $\frac{3}{4}$ inch julienne strips
3 tablespoons red wine or red wine vinegar
3 tablespoons vegetable oil
 $\frac{1}{2}$ teaspoon cumin
 $\frac{1}{2}$ teaspoon salt
1 clove garlic, pressed or minced
2 teaspoons lime juice
2 medium sweet bell peppers (any color), sliced
1 medium onion, sliced into rings
Toppings:
 $\frac{1}{2}$ cup guacamole
 $\frac{1}{2}$ cup salsa or picante sauce
 $\frac{1}{2}$ cup light sour cream
 $\frac{1}{2}$ cup cheddar cheese, grated
 $\frac{1}{2}$ cup sliced black olives

Directions

In a covered bowl or re-sealable plastic bag, combine wine, oil, cumin, salt, garlic and lime juice; add julienne strips of meat and marinate 2 to 3 hours. Drain thoroughly. Discard leftover marinade. Over medium heat, brown meat with peppers and onions in a large skillet. Warm tortillas on a griddle or wrapped in aluminum foil in a 200 degrees F. oven for 10 min. and serve immediately with meat mixture and toppings on the side.

Servings: 6 (1 tortilla/serving) Calories/Serving: 380

Nutrition: One serving provides approximately:

32 g protein, 27 g carbohydrates, 4 g fiber, 16 g fat (3.5 g saturated), 70 mg cholesterol, 18 mcg folate, 3 mg iron, 550 mg sodium.

Note: Optional toppings are not included in the nutritional analysis.



Ham and Swiss Breakfast Casserole

Ingredient List

6 ounces ham, thinly sliced, low sodium, extra lean (NOT honey-baked ham)
6 ounces Swiss cheese, shredded
3 slices enriched white bread
3 slices whole wheat bread
1 cup skim milk
2 eggs, large
1 tablespoon yellow mustard
½ teaspoon "beau monde" seasoning (or alternate)
½ teaspoon Worcestershire sauce
1-2 dashes onion powder

Directions

Lightly spray an 8" X 8" baking pan with non-stick spray. Lay 3 slices of bread in the bottom. Layer ½ the ham and ½ the cheese. Repeat layer of bread, ham and cheese.
Beat together remaining ingredients and pour over the casserole.
Cover and refrigerate over-night. Place casserole in cold oven and warm to 325 degrees F. Bake, uncovered, for 1 hour; serve hot.

Servings: 6 Calories/Serving: 271
Nutrition: One serving provides approximately: Fat 11 g (Saturated Fat 5 g), Sodium 588 mg, Potassium 98 mg, Calcium 371 mg, Vitamin D 1 mcg, 49(IU), Dietary Fiber 2 g



100% Whole Wheat Cinnamon Sugar Cookies

Ingredient List

6 tablespoons light olive oil
1 cup sugar
2 tablespoons milk, 1% or non-fat
1 teaspoon vanilla
1 large egg (or 2 egg whites)
1 $\frac{3}{4}$ cups white whole wheat flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{3}{4}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{8}$ teaspoon salt



Directions

In a medium bowl, combine olive oil and sugar; beat until well combined – about 1 minute.

Add milk, vanilla and egg (or egg whites); blend well.

In a large bowl, mix flour, baking powder, baking soda, cinnamon, nutmeg and salt; gradually stir in liquid mixture and continue until well mixed.

Cover with plastic wrap; refrigerate 30 minutes - 1 hour for easier handling.

Heat oven to 375 degrees F.

Shape dough into walnut-sized balls and place on ungreased cookie sheet.

Press cookie ball with the bottom of a glass to flatten. Cookies will be about 1½ inches in diameter and about ¼ inch thick and do not spread much

when baking.

Bake for 10-12 minutes or until lightly brown.

FYI: These cookies are the hard, crunchy-type cookie that is good for dipping in milk, coffee, etc., not the “chewy” type.

Makes 28 cookies.

Servings: 1 Cookie Calories/Serving: 70

Nutrition: One serving provides approximately:

1 g protein, 11 g carbohydrates, 1 g fiber, 3.5 g fat (.5 g saturated),

5 mg cholesterol, 4 mcg folate, 0 mg iron, 55 mg sodium.



Peanut Noodles with Mango & Watercress

Ingredient List

Sauce

- ¼ cup peanut butter
- ¼ cup low sodium soy sauce
- 2 tablespoons sugar
- ¼ cup sesame oil
- 2 tablespoons Worcestershire sauce
- 2 tablespoons lime juice
- ¼ cup plus 2 tablespoons low-sodium chicken broth, or water
- 1 tablespoon chopped fresh ginger
- 2 cloves garlic, peeled and coarsely chopped
- Freshly ground black pepper, to taste

Linguine

- 1 pound linguine, cooked and cooled
- 2 cups small watercress, sprigs (1 bunch)
- 1 mango, pitted and diced
- ½ cup chopped scallions
- ¼ cup chopped fresh mint, optional
- ¼ cup chopped peanuts

Directions

Put all the sauce ingredients into the food processor or blender. Process until smooth.

Put the linguine, watercress, mango, scallions and mint into a large bowl. Add the sauce and toss until the linguine is well coated. Sprinkle with peanuts and serve.

Servings: 8 Calories/Serving: 400

Nutrition: One serving provides approximately:

13 g protein, 57 g carbohydrates, 5 g dietary fiber, 15 g total fat, 3 g saturated fat, 16 mcg DFE (folate), 310 mg sodium.



The Oklahoma Wheat Commission works to sustain and expand use of wheat grown by Oklahoma farmers by creating worldwide market opportunities through efforts including opening overseas markets, reinforcing consumption of grain foods, developing new wheat varieties and influencing international import and export policies.

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