11-2006

Grain Group: The Plains of Grains

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Grains and Savings
▲ Stretch your casserole.
▲ Buy store brand breads and cereals.
▲ Use stale bread for toast, stuffing, bread crumbs, bread pudding, or casserole toppings.
▲ Read food labels and compare by weight (not size). Consider whole grain and enriched products over others.

How Far Will It Go?
Oats, rice, and pasta soak up water as they cook. A single serving is ½ cup cooked. How do dry and cooked grains compare in volume? Check out the following:

<table>
<thead>
<tr>
<th>Dry</th>
<th>Cooked</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup raw rice</td>
<td>3 cups</td>
</tr>
<tr>
<td>1 cup spaghetti</td>
<td>2 cups</td>
</tr>
<tr>
<td>or macaroni</td>
<td></td>
</tr>
<tr>
<td>1 cup quick-cooking</td>
<td>1¾ cups</td>
</tr>
<tr>
<td>oats</td>
<td></td>
</tr>
</tbody>
</table>

When You Don’t Have It
If you run out of: Substitute with:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1 cup self-rising flour</td>
<td>1 cup all-purpose flour plus ½ teaspoon salt plus 1½ teaspoons baking powder</td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
<td>1 cup minus 2 tablespoons whole wheat flour</td>
</tr>
<tr>
<td>1 tablespoon cornstarch</td>
<td>2 tablespoons flour or 1 tablespoon quick-cooking tapioca (to thicken gravy, sauces, etc.)</td>
</tr>
</tbody>
</table>

One cup of dry rice makes three cups of cooked rice which is six, ½ cup servings.
### Which Product Usually Costs Less?

- Enriched white rice  **or**  Instant rice  
- Enriched pasta  **or**  Whole grain pasta  
- Toasted bread cubes  **or**  Ready-made stuffing mix  
- Store-brand cereal  **or**  Name-brand cereal

### Store for Savings

▲ Bread stored at room temperature stays fresh longest. Bread stored in the refrigerator will not mold as quickly but it will go stale faster.

▲ If you buy more bread than you can eat within a week, you can freeze it for up to six months. Make sandwiches with frozen bread, or thaw by removing individual slices from the plastic bread bag. Wrap the bread in a clean paper towel to absorb excess moisture. Thaw to room temperature. Store the thawed bread in a clean, dry plastic bag.

▲ Store uncooked cereal products, such as flour, rice, noodles, cornmeal, etc., in tightly closed containers in a dry place. Store cereal products at room temperature; do not store cereals above the range or on top of the refrigerator.

▲ Most grain products freeze well. Save any extras for another day.

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Written by Kathy Daly-Koziel, former EFNEP Coordinator  
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Revised 11-2006