

# Chapter 13

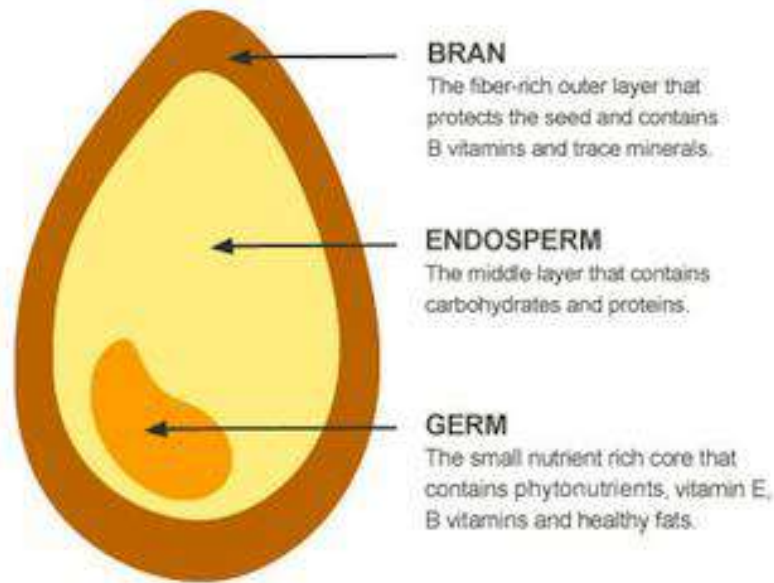
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□ Grains, Legumes & Pasta

# Rice & Other Grains

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## The Anatomy of Whole Grain



*When grains are milled, or refined, the bran and germ are removed, leaving only the endosperm.*

# Types of Rice

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Long-Grain Rice



Short-Grain Rice



Medium-Grain Rice



Wild Rice



# Forms of Wheat

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Wheat Berries



Bulgur



Cracked Wheat



Wheat Bran



# Corn

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## □ Hominy

- Whole dried corn kernel that the hull and germ are removed



## □ Posole

- Whole kernel with the germ and bran still in tact and soaked in an alkaline solution to make the hull softer and easier to digest.

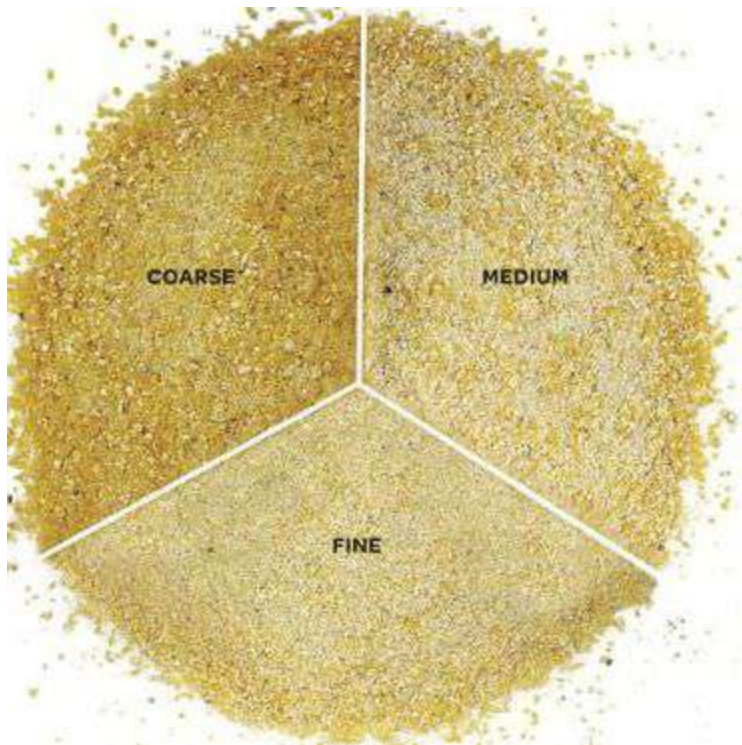


# Corn cont.....

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## □ Cornmeal

- Finely ground corn



## □ Grits

- Whole corn is ground into meal.



# Corn cont....

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Hominy Grits



Polenta



# Additional Grains

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Oats



Barley





# Additional Grains cont...

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□ Rye



□ Quinoa



# LEGUMES

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☐ Great Northern



☐ Kidney Beans



# Legumes cont....

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Chickpeas



Fava Beans



# Legumes

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☐ Black-eyed Peas



☐ Lentils



# Legumes cont....

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Black Beans



Split Peas



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# Legumes cont....

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## Pinto Beans



# Pasta

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□ Rice Vermicelli



□ Penne



# Pasta

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☐ Manicotti



☐ Rigatoni





# Pasta cont....

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Fusilli

Farfalle



# Pasta cont....

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Lasagna



Spaghetti



# Pasta cont....

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■ Capellini



□ Orzo

