



Healthy You

Grain Power!

Make your taste buds—and your cardiologist—happier

By KELSEY OGLETREE

SIMPLE CARBS such as white rice and potatoes lack the fiber, protein, vitamins and minerals of more complex grains, notes Emma Newell, a registered dietitian at NourishRx. Why not choose side dishes that are not only more interesting but can also lower cholesterol, stabilize blood sugar, improve gut health and boost energy levels, among many other benefits?

The alternative isn't just brown rice. We asked chef Franklin Becker of the Press Club Grill in New York City for some suggestions on high-fiber "carb" side dishes that will delight our taste buds while keeping our bodily systems humming along.

BARLEY

Subtly sweet and chewy, this rice-like grain holds up well in fresh or cooked dishes.

CARBS: 22g **FIBER:** 3g **PROTEIN:** 2g
BEST IN: Salads, Korean dishes or paired with cooked mushrooms and bitter greens such as escarole

FLAVOR BOOST

Toss with thyme or other fresh herbs before serving.

FARRO

With a nice chew, this ancient grain is texturally pleasing and has a strong cashew flavor, with hints of cinnamon.

CARBS: 26g **FIBER:** 3.5g **PROTEIN:** 4g
BEST IN: Pilafs, salads, steamed with kale and squash, or cooked risotto-style with Parmesan

FLAVOR BOOST

Mix grains to create new tastes.

QUINOA

Unlike most grains, quinoa is a complete protein—meaning it contains all the essential proteins needed for building muscle. It's also gluten free. Rinse before cooking to remove the bitter outer germ.

CARBS: 20g
FIBER: 3g
PROTEIN: 4g
BEST IN: Salads, stir-fries and pilafs, with fresh herbs, shallots and garlic

SPELT

This ancient grain has a nutty and slightly sweet flavor similar to whole wheat.

CARBS: 26g
FIBER: 4g **PROTEIN:** 5g
BEST IN: Pilafs with mushrooms and onions, or bread
**All nutrition info is for 1 serving.*

BULGUR

Often used in Middle Eastern cooking—especially Turkish cuisine—it has a popcornlike scent when cooked.

CARBS: 17g **FIBER:** 4g
PROTEIN: 3g
BEST IN: Pilafs with fresh herbs or onions and garlic, or subbed for rice in soups

FLAVOR BOOST

Add aromatics like ginger, garlic or scallions while cooking.