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## **For National Nutrition Month, the New Buzzword in Grains? “Intact”**

*InHarvest puts the “whole” back in whole grains, leading the movement for even greater health—and satiety—on the plate.*

**BEMIDJI, MINN., February 26, 2018**—Customers everywhere are embracing whole grains for their many health benefits, and rightfully so. But ask yourself: Does that slice of bread, pizza crust, breakfast cereal or energy bar boasting whole grains truly *contain* whole grains? Officially, yes. But in fact, that claim in many cases is a bit of a misnomer.

No one’s pulling the wool over your eyes. Indeed, all the parts of the grain kernel—germ, endosperm and bran—are in there, as dictated by law. Often, however, the parts are separated during processing to create flour or another base product that’s both user-friendly and customer-pleasing. The United States Department of Agriculture (USDA) is okay with that, because grains that have been ground, cracked, flaked or otherwise processed are “whole” as long as all three edible parts are still present in their original proportions. Makes sense, doesn’t it?

But breaking down a grain alters its glycemic index (GI), which measures how quickly foods can be converted into blood sugar. Foods with a higher GI can make maintaining a healthy weight more difficult, which over time can have consequences from obesity that include heart disease, increased stroke risk, diabetes and more. Conversely, when the kernel is left intact, it “burns” at a slower rate than a processed grain in the gut. That sustained burn extends energy from more-complex carbohydrate while creating a greater, longer-lasting feeling of fullness and satiety.

The bottom line? Food products labeled “whole grain” *are* good. But products that contain *intact* whole grains are better.

InHarvest is leading the call for diners and customers to choose intact whole grains whenever and wherever it makes sense. To that end, the company offers dozens of marketable, chef-crafted foodservice recipes featuring intact whole grains and grain blends for all dayparts via its website ([www.InHarvest.com](http://www.InHarvest.com)) during National Nutrition Month® in March and beyond.

One such is Spiced Naked, Wild & Free™ Salad with Fried Haloumi—featuring a proprietary, gluten-free blend of “naked” oats, wild rice, red sorghum and white sorghum—from Coleen Donnelly, corporate chef for InHarvest.

“Our Naked, Wild & Free pairs with toasted seeds, a warm spice blend, rich, caramelized Haloumi and a bright lemon vinaigrette in this protein-packed salad that can stand alone as a vegetarian entrée or shine as a side dish,” Donnelly says. “Textures abound, with intact grains

offering the hearty foundation. From there, the crunch of the seeds, firm texture of the fried Haloumi and tender bite of the spinach round it all out. This is truly a satisfying dish.”

National Nutrition Month is an annual nutrition-education and information campaign in March by the Chicago-based Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical-activity habits. Initiated in March 1973 as a weeklong event, “National Nutrition Week” became a monthlong observance in 1980 in response to growing public interest in nutrition. “Go Further with Food” is the theme for 2018—for which the subject of intact whole grains is ideally suited.

For more information on National Nutrition Month: [www.eatright.org/food/resources/national-nutrition-month](http://www.eatright.org/food/resources/national-nutrition-month) and [#EatRight](https://twitter.com/EatRight).

### **About InHarvest**

Headquartered in northern Minnesota with operations in California, InHarvest—**celebrating its Ruby Anniversary in 2018**—is a foremost producer and procurer of some of the world’s most distinctive varieties of grains, legumes and blends for the foodservice, industrial and retail sectors. The company’s dedication to discovering and promoting lesser-known, heirloom grains and pulses is deeply rooted in its 40-year heritage of providing inspiration and solutions to an evolving global food industry. [www.InHarvest.com](http://www.InHarvest.com) or find InHarvest on [Facebook](https://www.facebook.com/InHarvest) and [Twitter](https://twitter.com/InHarvest).

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## **Spiced Naked, Wild & Free™ Salad with Fried Haloumi**

**Yield:** 10 (1 cup) servings

### **Ingredients**

2¼ c. water  
8 oz. InHarvest Naked Wild & Free™  
½ t. cumin seeds  
½ t. coriander seeds  
½ t. fennel seeds  
½ t. yellow mustard seeds  
6 T. olive oil  
3 T. lemon juice  
1 t. kosher salt  
½ t. ground black pepper  
¼ c. pumpkin seeds  
¼ c. sunflower seeds  
8 oz. Haloumi cheese, cut into ½-in. slices  
½ c. medium-dice roasted, peeled, seeded bell pepper  
4 c. julienned baby spinach

### **Directions**

1. In a medium pot, bring the water to a boil. Add InHarvest Naked Wild & Free. Cover and simmer until the grains are tender and the water is absorbed, about 50 minutes. Lay out the grains on a sheetpan and let cool to room temperature.

2. In an ungreased frypan on the stovetop, toast the cumin, coriander, fennel and mustard lightly. Let cool enough for hand use.
3. Grind the spices (medium grind).
4. To make the dressing: In a small mixing bowl or carafe, blend the toasted spices well with the olive oil, lemon juice, salt and black pepper. Reserve at room temperature until service.
5. Using the same ungreased pan as the spices, lightly toast the pumpkin and sunflower seeds. Remove the seeds to another container and let cool to room temperature.
6. Again using the same ungreased frypan, cook the Haloumi slices until browned. Flip and brown the other sides. Remove the pan from heat and let the cheese cool slightly.
7. Cut the Haloumi slices into ½-in. pieces.
8. In a large mixing bowl, toss the reserved cooked grains with the spinach, toasted seeds, cheese, bell pepper and dressing.
9. Divide the salad evenly among 10 plates and serve.

**Nutrition Facts**

Per serving: 260 cal., 9 g pro., 19 g carb., 3 g fiber, 17 g fat (5 g sat. fat), 20 mg chol., 304 mg sod., 1 g sugar