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Everyone’s heard that whole wheat is good for you. But does everyone know why? It’s not just the fiber, although that’s one of the reasons whole wheat and other whole grains are good for you. Careful label reading can help consumers to determine the food product’s ingredients are in fact a whole grain kernel rather than a refined grain.

Whole grains consist of the whole grain kernel whereas refined grains have been milled. The whole grain kernel has mineral rich parts which are removed in the milling and refining process. The milling process refines the grain by removing the bran and the germ. Unfortunately, this process also removes iron, fiber and B vitamins and reduces the overall nutritive value of the grain. This is why many products are enriched with vitamins and minerals after milling.

However, people who choose to eat whole grains receive more benefit nutritionally because the additional value from enriching the flour does not replace all losses!

People all over the world use grains as a foundation for their diet. Not only do they provide vitamins, minerals, complex carbohydrates and fiber, but they may also help prevent chronic diseases when eaten regularly as part of a healthy diet. In the United States, our Food Guide Pyramid suggests that people consume 6 – 11 servings of grains daily and several of these should include whole grains.

Please see “Get on the Grain Train” at the USDA website to learn more about this topic: http://www.usda.gov/cnpp/Pubs/Brochures.

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Ground bison meat resembles ground beef in appearance and in cooking. You could say it looks and cooks just like ground beef! Bison can provide more protein per ounce and less fat than some cuts of beef. With a richer, sweeter, flavor, ground bison tastes similar to ground beef.

Here’s how a 3-ounce bison patty, pan-broiled compares with a 3-ounce ground beef patty, pan-broiled, made from 75% lean meat.

**What’s in it for you?**

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Data from www.nal.usda.gov/fnic/cgi-bin/list_nut.pl
In the Kitchen

Bison looks and cooks like beef!

This spring food pantries and other food assistance organizations throughout Indiana will receive ground bison meat and lamb roasts, as well as blueberries, peaches and ready-to-eat pudding cups. These particular foods are packed with protein and are nutrient dense foods.

What are Nutrient Dense Foods?

Foods that provide a lot of nutrients relative to the number of calories are called nutrient dense. Examples of nutrient-dense foods include:

- lean meat, fish and poultry, eggs, legumes, dark green vegetables, citrus fruits, nonfat milk, other fruits and vegetables.

These foods are excellent choices for everybody, but particularly for individuals who need to maintain their nutrient intake while watching calories.

Catch more tips on nutrition and food safety at our website: www.cfs.purdue.edu/safefood/sfhungry.html

Chocolate and Vanilla Pudding cups!

These cups of pudding provide a calcium rich snack for kids!

150 mg calcium per serving!

Bison Pasta Casserole

Yields 6 adult servings

Ingredients

- 8 ounces ground bison
- 1 tablespoon olive oil
- 5 1/2 cups tomato pasta sauce
- 1 teaspoon salt
- 1 pound rigatoni pasta
- 1 cup grated Parmesan cheese (about 4 ounces)
- 6 ounces shredded mozzarella cheese

Directions

1. Put olive oil in small saucepan. Over medium heat, cook ground bison stirring until well done.
2. In a medium size bowl combine cooked bison with pasta sauce.
3. To a large pot containing 5 to 6 quarts boiling water add the salt and rigatoni pasta. Cook for 12 minutes in boiling water, stirring often.
4. Drain completely. Cooked pasta should still be relatively firm at this stage.
5. Spread a very thin layer of meat sauce in the bottom of a greased 12-cup casserole dish (13x9x2).
6. Cover with one third of the cooked pasta, one third of the remaining meat sauce, and a third of the Parmesan cheese. Repeat layers twice.
7. Top with shredded Mozzarella cheese. (Can be refrigerated for a day at this stage if so desired.)
8. Bake at 350°F for 20 minutes covered, then 10-15 minutes uncovered.
9. Serve with tossed green salad and garlic bread.

Note: if casserole has been refrigerated, then remove to room temperature for 1 hour before baking.

Copyright: Bison Basics.com

Bison Chili

Yields 4 adult servings

Ingredients

- 1 pound ground Bison
- 1 medium onion, chopped
- 1 15 ounce can pinto beans, rinsed and drained
- 2 16 ounce cans peeled tomatoes
- 1/2 cup water
- 2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/4 cup fresh cilantro, chopped (optional)

Directions

1. In a non-stick skillet, saute the ground bison and onion until the meat is browned and the onion is tender.
2. Add the pinto beans, tomatoes, water and seasonings.
3. Cover and simmer for 1 hour, adding more water if chili becomes too thick.
4. Add chopped cilantro and simmer an additional 10 minutes.
5. Spoon into bowls and garnish with grated cheese or diced jalapeno peppers.

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- **Vegetables**
  - ½ cup cooked vegetables
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- **Milk, Yogurt, Cheese**
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  - 8 ounces yogurt
  - ½ ounces natural cheese
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