

| WHAT'S FOR DINNER? |

# Up Your Grain

For a healthy crop of satisfying meals, plant quinoa, bulgur, and other wonder foods in your weeknight rotation. Serve cilantro-flecked brown rice with a sweet, spicy pork stir-fry, or mix barley into beef burgers. Eureka! Your daily servings of cholesterol-lowering fiber and brain-boosting B vitamins just got far more delicious.

TEXT BY CLAIRE SULLIVAN RECIPES BY GREG LOFTS



Grains take time to cook. Whip up a batch for the week on Sunday, or fast-track it with vacuum-packed fully-cooked grains, which you can find in most grocery stores.