



# Great Grains

Heritage whole grains are making a heart-healthy splash in the culinary world. Loaded with dietary fiber and rich in vitamins and minerals, these nourishing and filling whole foods are adding chewy texture and earthy flavor to plates both health-conscious and upscale. Once-obscure grains like quinoa, farro and spelt are a smart and delicious substitute for ubiquitous wheat and rice.

Chefs embrace whole farro and spelt for their dense, nutty qualities. Tasha DeSerio, author of *Salad for Dinner*, also loves the versatility of whole grains. "They're healthy and satisfying, with a neutral palate so you can go a lot of different directions with them," she says. Her recipe for Farro Salad with Broccoli Raab and Poached Egg includes her favorite grain, and is at [tashadeserio.com](http://tashadeserio.com).

At the Fat Duck in Bray, England, Chef Heston Blumenthal celebrates spelt in his brilliantly jewel-colored Spelt Risotto with Beets and Horseradish. The toothsome bite of the slow-cooked spelt takes al dente one step further than traditional Arborio rice. Find the recipe at [saveur.com](http://saveur.com).

Originally a staple food of the Incans, quinoa is a complete protein, containing all nine essential amino acids and many minerals. Substitute it for bulgar or couscous, toss it in a salad or make Quinoa and Greens Burgers. The recipe can be found in the Recipes for Health section of *The New York Times*. [nytimes.com](http://nytimes.com) —AK