Add these three recipes to your rotation and you’ll increase both your whole-grain intake and your stable of delicious, easy-to-prepare main dishes.

Got a question or suggestion? Write to healthycook@cspinet.org.

**Spinach Chickpea Pasta**

If the sundried tomatoes are packed in extra-virgin olive oil, you can use some instead of the olive oil called for in the recipe.

- ½ lb. whole wheat fusilli or other pasta
- 4 Tbs. extra-virgin olive oil, divided
- 6 cloves garlic, minced
- ½ tsp. red pepper flakes (optional)
- ½ cup sundried tomatoes in olive oil, drained and chopped
- 10 oz. (16 cups) baby spinach
- 1 15 oz. can no-salt-added chickpeas
- Freshly ground black pepper
- ½ tsp. kosher salt
- 1 oz. (about 6 Tbs.) freshly grated Parmesan cheese

Boil the pasta according to the package instructions. Reserve 1 cup of the pasta water. Drain the pasta, toss it with 1 Tbs. of the oil, and set it aside.

Meanwhile, in a large, deep pan over medium heat, sauté the garlic, red pepper flakes, and tomatoes in the remaining 3 Tbs. of oil until the garlic is golden, about 5 minutes. Add the spinach, chickpeas, and reserved pasta water. (Stir in the spinach in batches if it doesn't all fit at one time.) Cook while stirring until all the spinach is wilted.

Put the pasta into a large bowl, pour in the remaining 3 Tbs. of oil, and stir. To serve, toss the pasta with the chickpea mix, and heat through. Season with pepper and up to ½ tsp. of salt. Serve with the Parmesan. Serves 4.

**PER SERVING (2½ cups)**

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**Mushroom-Rosemary Orzo**

Serve it as a main dish with a simple green salad or as a side dish with roasted or grilled chicken. Orzo is tiny pasta that’s shaped like rice. If you can’t find the whole wheat version where you shop, try a store like Whole Foods.

- 3 Tbs. extra-virgin olive oil, divided
- 1½ lbs. cremini (baby bella) mushrooms, chopped
- 6 cloves garlic, minced
- 1 onion, diced
- 1 stalk celery, diced
- 2 sprigs fresh rosemary, leaves removed and minced
- ½ lb. whole wheat orzo
- 1 cup Sauvignon Blanc or other dry white wine
- 3 cups boiling water
- 2 cups peas, thawed from frozen
- Freshly ground black pepper
- ½ tsp. kosher salt

In a large skillet over medium-high heat, sauté half the mushrooms in 1 Tbs. of the oil until well browned, about 5 minutes. Remove from the pan. Sauté the remaining mushrooms in 1 Tbs. of the oil until well browned.

Push the mushrooms to one side of the skillet and add the last 1 Tbs. of oil to the pan. Sauté the garlic, onions, celery, and rosemary for 2 minutes.

Stir in the orzo and wine and simmer until all the wine is absorbed. Stir in the boiling water and simmer vigorously, stirring often, for 8 minutes. Stir in the reserved mushrooms and the peas and season with pepper and up to ¾ tsp. of salt. Serve with the grated Parmesan. Serves 4.

**PER SERVING (2 cups)**

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**Bulgur Chicken Salad**

If you don’t like the strong taste of arugula, use baby spinach or mixed salad greens.

- 1 cup bulgur
- 1½ cups boiling water
- 1 lb. boneless, skinless chicken breast
- Freshly ground black pepper
- ¼ tsp. kosher salt, divided
- 4 Tbs. extra-virgin olive oil, divided
- ½ cup fresh orange juice
- 2 Tbs. fresh lemon juice
- 5 oz. (8 cups) arugula, roughly chopped
- 2 cups cherry or grape tomatoes, quartered
- 4 scallions, thinly sliced
- 1 avocado, chopped

Put the bulgur into a large bowl, pour in the boiling water, and cover. Let stand for 10 minutes, then uncover and allow to cool.

Pat the chicken dry with a paper towel and season with pepper and ¼ tsp. of salt. Sauté over medium heat in 1 Tbs. of the olive oil until browned on both sides, about 2 minutes per side. Remove the chicken from the pan, allow it to rest for 5 minutes, then slice.

Make the dressing by whisking together the remaining 3 Tbs. of olive oil, orange juice, lemon juice, remaining ¼ tsp. of salt, and pepper. Add the arugula to the bowl with the bulgur and toss with the dressing. Top with the sliced chicken, tomatoes, scallions, and avocado. Serves 4.

**PER SERVING (2½ cups)**

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