



# KERNELS

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**Napa week  
was a HUGE  
SUCCESS**

**MEMBERS PROFILE**

**King Arthur  
Baking Company**

**EATING HEALTHY CAN BE HARD**

**These Apps can make  
your life easier**



# Message

## FROM PRESIDENT

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**T**rying to eat healthier? There is an app for that. In fact, we highlight 10 highly-rated nutrition apps for you to consider in this issue of Kernels. We introduce you to Sue Gray, Director of Research Development at King Arthur Baking Company who offers some baking insights and other King Arthur information you will find interesting. You will also learn about WFC's highly successful CIA Chef Workshop and Future of Food Forum. Over 50 chefs and food company executives gathered in Napa, CA in April to focus on the trends and issues of top interest in the food industry today. We round out the useful information in this issue with fitness tips and some tempting recipes. Please use and share this information.



**KERNELS, SPRING 2022**





# Napa Week was a huge success.



After a two-year hiatus, we returned to Napa with a bigger and better experience, combining our CIA Chef Workshop with the inaugural Future of Food Forum. **Over 50 chefs and retail food experts gathered for our largest event ever. Here's a quick overview of how it went.**

Led by Certified Master Chef Victor Gielisse, our 4th CIA Chef Workshop focused on plant-forward foods. This was the topic that chefs we surveyed told us was at the top of their list. Among the organizations represented were:

Ardent Mills  
Darden  
Grupo Bimbo  
KFC  
King Arthur Baking  
Miller Milling  
Popeye's  
Starbucks  
Sodexo

These workshops have been important not only for the foods ideas the chefs will take back with them but for the relationships we build with them moving forward as well.

The second part of Napa week was the inaugural Future of Food Forum, the one-day





gathering of industry experts covering the key issues that the food industry:  
BARB STUCKEY, President & CIO, Mattson on Plant-forward foods  
TIM YORK, CEO, California Leafy Greens Marketing Agreement on Sustainability  
HAYDEN WANDS, VP of Global Procurement, Commodities, Grupo Bimbo on Supply chain management  
VICTOR GIELISSE, CMC, DCA, Principal, PS4M Consulting Group on Innovation and collaboration  
RON SUPPES, Farmer on presenting a grower's perspective.



**Journalist Pat Dailey summed up her reaction to the week:**

“The Wheat Foods Council event was simply fantastic, delivering a dense pack of practical, useful, interesting and essential information, all of it wrapped up in a most enjoyable package. ... Reviewing my log reminds how much intelligence was generously shared by the culinary team of the CIA and the slate of speakers. A truly first-rate group of attendees from various disciplines very nicely augments the educational component, making the time spent in Napa invaluable.”





# Stress-Less Dinners for Busy Families and Athletes

Pandemic restrictions seem to be easing schedules and commitments, not to mention commuting has become part of everyday life again. The good news is that it's GREAT we're finally getting back to normal. The bad news is that it is really tough to find time to cook or prepare food on weeknights when you are super busy.

This is true whether you have a family with lots of commitments or an athlete trying to juggle workouts. To make sure that you don't end up in a nutritional ditch, here are few ideas that may help you easily prepare food either on the weekends or in the mornings before you head out the door for another busy day.



## Do-Ahead Dinners

- ★ Rotisserie chicken salad with grapes, walnuts, and celery. Mix up on the weekend, and it can be dinner one night, and lunch for the next day or two
- ★ Teriyaki Salmon or chicken traybake
  - ▶ Marinate salmon or boneless chicken thighs in teriyaki sauce
  - ▶ Cut up broccoli, cauliflower or Brussel sprouts and toss them in olive oil and salt.
  - ▶ Preheat oven to 425, and bake salmon or chicken along with vegetables on a foil lined and greased cookie sheet for 20-25 minutes.
- ★ Slow cooker Bolognese sauce: Use your crockpot to slow cook a larger batch of this traditional meat sauce with tomatoes on the weekend that you can use now and freeze for future dinners. If you cook pasta ahead of time and refrigerate it, it can be quickly reheated with the sauce for a delicious pasta dinner.



# Fast Weeknight Options

- ★ Soup & Sandwich Night: chicken, tuna salad, or grilled cheese & hearty vegetable soup (canned is fine!!)
- ★ Soft Taco Night
  - ▶ Cook ground meat with taco seasoning on the weekend, so it's ready to use, microwave what you plan to use for 2-3 minutes until heated
  - ▶ Heat tortillas in foil in the oven for 20 minutes @ 350 degrees
  - ▶ Heat refried beans (canned) for 4-6 minutes until warm
  - ▶ Have salsa, shredded cheese, and shredded lettuce
- ★ Personal Flat Bread Pizza Night:
  - ▶ Use naan or flat bread
  - ▶ Choose the toppings you and your family like and consider including some green ones like pesto, green peppers, argula or spinach
  - ▶ Assemble the pizzas then bake in a 425 degree oven for 10-15 minutes.





MEMBER PROFILE

**King Arthur**  
**Baking Company**



MEET  
*Sue Gray*

Director of Research  
Development at King Arthur Baking Company

I've been with King Arthur Baking for 26 years in August. I work primarily with baked goods made from wheat flour, but also have developed a line of Gluten-Free and Keto-friendly products to help those consumers who have special dietary needs.

**Sue, you participated in the Wheat Foods Council's 4th Annual Chef Workshop and Future of Food Forum at the CIA in Napa, CA. What was the biggest take away from the experience?**

It was extremely beneficial. I was able to meet so many people in the industry and observe the new and creative ways with plant-based foods. I think it was the perfect opportunity to speak about baked goods and wheat, highlighting the fact that gluten should not be considered a dirty word.

**How does King Arthur impact the wheat industry overall?**

One of the many things I love about King Arthur is our Bake for Good program whose basic tenet is Learn, Bake, Share. We have a team that goes into schools across the country to teach kids how to bake a loaf of bread. They receive flour and yeast to bake at home and are asked to share one of their baked loaves with a local food pantry.

Another program that makes King Arthur unique is that every employee has 40 hours of paid time to volunteer in the community. Employee-owners volunteer in all sorts of ways, such as building houses for Habitat for Humanity, stocking at local food pantries, making meals for homeless shelters, and cleaning up roadsides on local green up days. We also support bakeries with their own efforts through our For Goodness Bakes program.



BAKERY · CAFÉ  
SCHOOL · STORE

**What does King Arthur do to educate consumers about healthier ways to bake?**

- ▶ We offer a number of blogs and other resources to help make baked goods a little healthier. For example, there is one showing how to reduce sugar in baked treats, while another explains how to introduce whole grains in place of refined flour.
- ▶ We advocate small ingredient adjustments when trying to make a healthier product, maybe using 20 percent whole wheat flour to start. If those end products are well received, then add more whole grain flour or reduce more of the sugar or salt in the recipe. People don't tend to notice small, incremental changes in healthier baked goods, but they will reject a bigger change in foods they like.
- ▶ We also believe totally in full on indulgence when appropriate! Don't let me fool you, I eat my share of cake!
- ▶ While our need for convenience is returning, I believe people still seek the comfort that home baked goods provide. We can focus on shorter and easier-to-make recipes, so people that don't bake are not intimidated. Below is a link to a video that was featured 2 years ago and makes me smile every time I watch it. <https://www.kingarthurbaking.com/videos/stories/the-power-of-baking>

**Finally, what does King Arthur Baking Company like most about its association with the Wheat Food Council?**

The WFC is doing a good job educating personal trainers and promoting the fact that wheat and wheat foods are a nutritious, efficient source of carbohydrates that can be part of a healthy diet. I also think the work the WFC is doing to dispel rumors about wheat and gluten is really important.

King Arthur Baking Company has been sharing the joy of baking since 1790. Headquartered in Norwich, VT, King Arthur is a prominent baking resource, providing the highest quality ingredients and recipes for the most delicious baked goods. King Arthur's flour and mixes are available in supermarkets nationwide. Visit [KingArthurFlour.com](http://KingArthurFlour.com) to learn more.



# These apps can make it easier.

Wearable technology, like fitness trackers and smartwatches, is the number one fitness trend this year, according to the American College of Sports Medicine's annual survey of industry trends. But which app is right for you?

Of course, it's important to determine your ultimate health and nutrition goals first. It's also important to find an app that works for you, fits your needs and keeps you accountable in a way that personally motivates you.

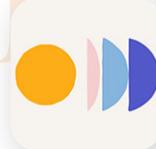
Check out this list of the 10 best nutrition apps this year compiled by Healthline.com. They were chosen based on quality of info, ease of use, variety of nutritional needs, customer reviews, and ratings by the medical community.





**BEST OVERALL NUTRITION APP**

**MYPLATE CALORIE COUNTER**



**BEST MEAL PLANNING APP**

**PLATEJOY**



**BEST FOOD TRACKING APP**

**MYFITNESSPAL**



**BEST HEALTHY RECIPE APP**

**YUMMLY RECIPES & COOKING TOOLS**



**BEST WEIGHT LOSS APP**

**LIFESUM: HEALTHY EATING**



**BEST MINDFUL EATING APP**

**ATE FOOD JOURNAL**



**BEST MACRO COUNTING APP**

**MYNET DIARY CALORIE COUNTER**



**BEST NUTRITION EDUCATION APP**

**NOOM**



**BEST FOOD ALLERGY APP**

**SPOKIN**

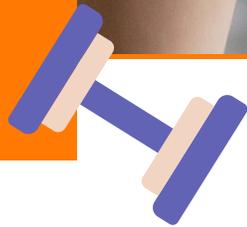


**BEST PREGNANCY NUTRITION APP**

**OVIA PREGNANCY TRACKER**



# Gimme Strength



GET GOING NOW!

Let's face it. We continually hear that we're supposed to lift weights to stay strong but most of us don't. We may find ways to get our cardio exercise done or meet our daily steps goal but making time to get to the gym or use the hand weights that are sitting next to the couch rarely happens.

The evidence is pretty clear: strength training is beneficial for health. A recent review study in the British Journal of Sports Medicine (<https://bjsm.bmj.com/content/early/2022/01/19/bjsports-2021-105061>) found that approximately 30–60 min/week of muscle-strengthening activities were associated with approximately **10 – 20% risk reduction** of for all-cause mortality, CVD and total cancer. When combined WITH cardiovascular activities (e.g, walking, cycling or swimming) the benefits were even greater.

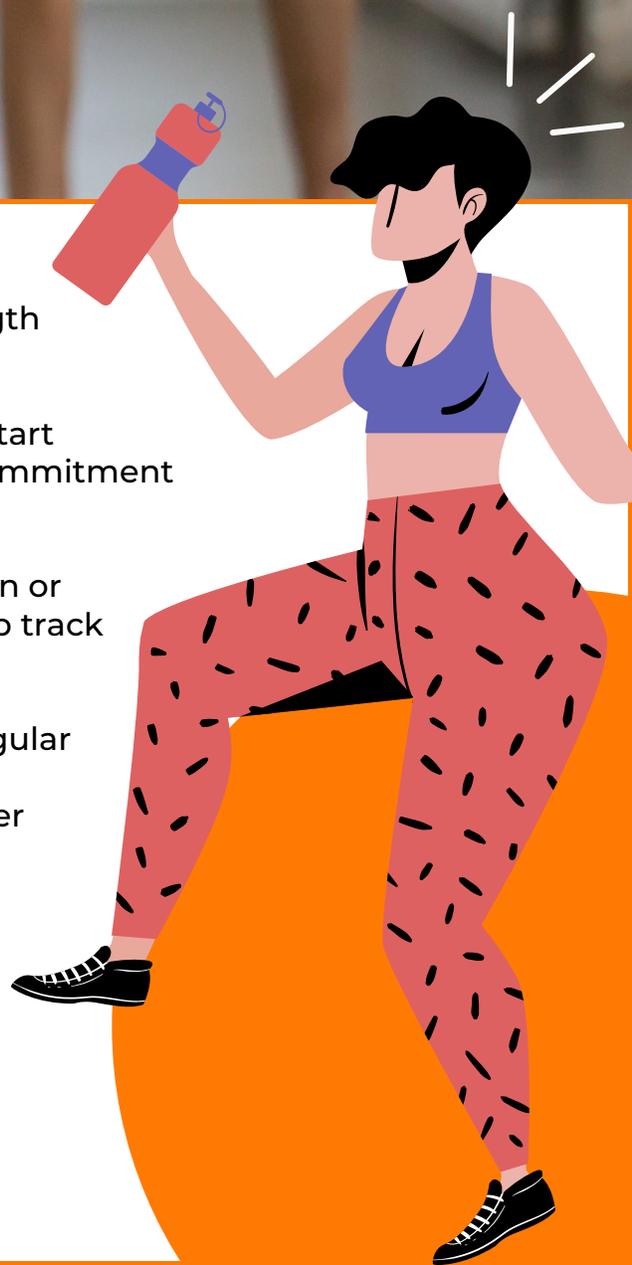
So, why is it so difficult to make time for strength training? Probably because strength training is HARD. And, many of us simply don't have much experience doing these types of exercises on our own.





Here are a few ways that might kick start your strength training routine:

- ★ Find a strength training program at your gym or start working with a personal trainer. Make a 5 week commitment to yourself that you will show up no matter what.
- ★ Use an app that has online classes (e.g, OnePeloton or something similar) to give you ideas and help keep track of what you are doing
- ★ Add “5” to whatever you are already doing on a regular basis. For example, before your daily walk, try 3 of these exercises. Work up to doing all of these 2x per week.
  - ▶ 5 push ups
  - ▶ 5 pull ups
  - ▶ 5 lunges
  - ▶ 5 bicep curls
  - ▶ 5 x :30 plank
  - ▶ 5 flights of stairs



This recipe appeared in the 1991 Bake and Take with Wheat Foods brochure. The promotion was sponsored by the Kansas Wheat Commission and the Wheat Foods Council. Bake and Take Day has brought joy to thousands of individuals who have been the recipients of baked wheat foods.

## PUMPKIN BRAN MUFFINS

### INGREDIENTS

- ▶ 1 ½ cups 100% bran cereal\*
- ▶ ¾ cup raisins
- ▶ ½ cup boiling water
- ▶ ¾ cup low-fat buttermilk
- ▶ ¾ cup granulated sugar
- ▶ 1 large egg, slightly beaten
- ▶ ½ cup canned pumpkin
- ▶ ¼ cup vegetable oil
- ▶ 1 ¼ cups all-purpose flour
- ▶ 1 ¼ teaspoons baking soda
- ▶ ¼ teaspoon salt
- ▶ ½ teaspoon ground cinnamon
- ▶ ¼ teaspoon ground cloves or ground nutmeg
- ▶ ¼ teaspoon ground allspice

### DIRECTIONS

1. Preheat oven to 400°F. Line two standard-size (2 ½ x 1 ¼-inch) muffin pans with 16 liners or coat with nonstick cooking spray.
2. In a large bowl, combine cereal, raisins and boiling water. Let stand 2 minutes.
3. Add buttermilk, sugar, egg, pumpkin and oil; mix thoroughly.
4. In a medium bowl, whisk together the flour, soda, salt, cinnamon, cloves and allspice.
5. Add the flour mixture to the pumpkin mixture; mix until incorporated. Do not overmix.
6. Divide the batter among the prepared pans, filling each three-quarters full.
7. Bake 18 – 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean. The internal temperature should register 200°F - 205°F on an instant-read thermometer. Remove the muffins and set them on a wire rack to cool.

**Yield:** 14-16 medium muffins.

**Test Kitchen Note:** Recipe is easily doubled. Batter can be stored in a tightly sealed container and refrigerated up to one week.

\*Kellogg's® All-Bran® Original wheat bran cereal

**NUTRITION INFORMATION PER SERVING (1 MUFFIN, 69g):** 160 calories, 35 calories from fat, 4 g total fat, 1g saturated fat, 0g trans fat, 10mg cholesterol, 190mg sodium, 30g carbohydrate, 3g dietary fiber, 17g sugars, 3g protein, 43mcg folate, 0mg vitamin C, 3mg iron.





# CAMPFIRE BISCUITS



## INGREDIENTS

- ▶ 2 cups all-purpose flour
- ▶ 1/4 cup nonfat dry milk
- ▶ 1 tablespoon baking powder
- ▶ 1 teaspoon salt
- ▶ 1/2 cup shortening
- ▶ 1 tablespoon instant minced onion
- ▶ 1 1/2 teaspoons dried parsley flakes
- ▶ 1 cup shredded Cheddar cheese
- ▶ 3/4 cup water plus 1-3 tablespoons
- ▶ 1/4 cup butter or margarine, campfire option

## DIRECTIONS

1. Start your campfire or preheat oven to 450°F.
2. In large bowl, stir together flour, dry milk, baking powder and salt.
3. Cut in shortening until mixture resembles coarse crumbs.
4. Stir in onion, parsley and cheese. (For camping place dry mixture in a large, sealable bag. Carry the cheese and butter in a cooler and add when ready to prepare.)
5. When ready to make biscuits gradually mix in enough water to make a soft dough. Gently knead in bowl or bag for 30 seconds.
6. Pat or roll dough to 3/4-inch thickness.
7. To cook over an open fire: Melt 1/4 cup butter in a skillet or Dutch oven. Cut the dough into squares, triangles or strips, using a sharp knife or shape with hands. Add biscuits; cook 6-8 minutes on each side or until golden brown.
8. To bake in oven: Cut dough with 2 1/2-inch cutter. Generously grease bottom and sides of 10" – 12" cast iron skillet and preheat in oven for 5 minutes or until hot. Place biscuits in hot skillet or on greased or parchment-lined baking sheet. Bake 13-15 minutes or until golden brown.

**Yield:** 10 - 12 biscuits.

**Test Kitchen Tip:** Stir in 1 - 1 1/2 teaspoons garlic powder with the flour mixture for extra flavor.

**NUTRITION INFORMATION PER SERVING (1 BISCUIT, 63g):** 200 calories, 110 calories from fat, 12g total fat, 5g saturated fat, 0g trans fat, 10 mg cholesterol, 420mg sodium, 18g total carbohydrate, 1g dietary fiber, 1g sugars, 5g protein, 40mcg folate, 1mg vitamin C, 1mg iron.





# DOUBLE WHEAT WAFFLES



## INGREDIENTS

- ▶ 2 large eggs
- ▶ 2 cups low-fat buttermilk
- ▶ ½ cup whole wheat flour
- ▶ 1½ cups all-purpose flour
- ▶ ¼ cup wheat germ
- ▶ 3 tablespoons granulated sugar
- ▶ 1 teaspoon baking soda
- ▶ 2 teaspoons baking powder
- ▶ ½ teaspoon salt
- ▶ ¼ cup butter or margarine, melted

## DIRECTIONS

1. Preheat waffle maker to desired browning setting. Using a pastry brush or paper towel, lightly coat with nonstick cooking spray, butter or oil.
2. In a medium bowl whisk the eggs. Mix in buttermilk, whole wheat flour, all-purpose flour, wheat germ, sugar, baking soda, baking powder, salt and butter with rotary beater or whisk until smooth.
3. Ladle batter, about ½ - ¾ cup batter per waffle, following your waffle maker instructions, into center of hot waffle iron and close the lid. For best results, do not open waffle maker during cooking process. Cook until golden-brown and crispy, or until the light illuminates, indicating the waffle is done.
4. Remove waffle carefully and repeat with remaining batter. The waffles may be kept warm until serving by arranging on a rack placed on a cookie sheet in a 200°F oven. Serve waffles with your favorite toppings – fresh fruit, jam, confectioners' sugar, warm syrup, whipped cream or fried chicken strips.

**Yield:** 5 Belgian waffles.

**To make ahead and store:** Cool completely before storing in freezer bags or containers.

**NUTRITION INFORMATION PER SERVING (1 WAFFLE, 195g):** 380 calories, 120 calories from fat, 13g total fat, 7g saturated fat, 0g trans fat, 105mg cholesterol, 620mg sodium, 53g total carbohydrate, 3g dietary fiber, 12g sugars, 13g protein, 133mcg folate, 1mg vitamin C, 3mg iron.



