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# New Ways to Eat Ancient Grains

*Beat whole-grain boredom with these tasty alternatives to bread and brown rice.*

*Nicole Papantoniou and Danielle Kosecki • Editors*



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## Buckwheat

Depending on how it's cooked, buckwheat ranges in flavor from mild to intense. When roasted or toasted, the grains—which contain 86 mg of heart-healthy magnesium per one-cup serving—pair well with vegetables that also make a strong impression on your taste buds, such as dark mushrooms.

**Try it:** Make a stir fry with soba noodles, use buckwheat flour in muffins or steam cook groats for a warm salad or side dish.

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