

**FOR IMMEDIATE RELEASE**

**HEART HEALTHY VALENTINE'S MEALS WITH KAMUT® BRAND WHEAT**  
**Eating Whole Grains May Be The Key To The Heart In More Ways Than One**

**Big Sandy, MT January, 2011** – Any aspiring chef planning to cook a romantic dinner this Valentine's Day will be pleased to discover they can make a heart-healthy meal that their special Valentine will love. Kamut International has easy to cook recipes that are heart-healthy, simple and delicious. As an ancient whole grain, KAMUT<sup>®</sup> Brand khorasan wheat is a great source of protein and antioxidants. Whole grains have been shown to reduce the risk of heart conditions and obesity. Incorporating a hearty whole grain like KAMUT<sup>®</sup> Brand wheat into Valentine's Day recipes is good for the heart in more ways than one.

Research has shown that consuming whole grains lowers cholesterol and may lower the risk of heart disease. In a study published in the *American Journal of Clinical Nutrition*<sup>1</sup>, obese adults were assigned to a low calorie diet that was rich in either whole grains or refined grains. After three months, the whole grain group had shed more abdominal fat and saw their levels of dangerous C-reactive protein (CRP) drop by 38%.

When shopping for whole grains, keep an eye out for products marked with a heart-stamp. This logo is certification from the American Heart Association that the product is a whole grain, low in saturated fat and cholesterol. KAMUT<sup>®</sup> Brand khorasan wheat is a great option—more than just a whole grain, it is organically grown and contains higher amounts of protein and minerals than modern wheat. It combines nutritional advantage with natural rich flavor and ease of digestibility. Dishes with KAMUT<sup>®</sup> Brand wheat are sure to show nothing but love to a Valentine's date.

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<sup>1</sup> The effects of a whole grain-enriched hypocaloric diet on cardiovascular disease risk factors in men and women with metabolic syndrome. Published in *The American Journal of Clinical Nutrition*, Vol. 87, No. 1, 79-90, January 2008  
<<http://www.ajcn.org/content/87/1/79.abstract>>

One recipe to cook this Valentine's Day guaranteed to impress **and** protect the heart is Kamut® Risotto. The dish is easy to make, extremely nutritious and most importantly, it tastes great!

### **Kamut Risotto**

- Ingredients:

2 Cups cracked KAMUT® brand khorasan grain rinsed until clean

5 Cups chicken or veg stock or water

1 clove minced garlic

1 minced shallot

1 Teaspoon fresh thyme chopped fine

1 small bay leaf

1/2 Teaspoon chopped fresh chervil

1/4 Cup creme fraiche

1/8 Teaspoon lemon zest

Salt and pepper to taste

White Truffle oil to taste

- Preparation:

Have the stock or water on the stove and bring to a simmer. Add KAMUT® khorasan grain to a hot pan with a tablespoon of olive oil and toast for 20 seconds or until fragrant. Add a 2 ounce ladle at a time of the hot stock and bay leaf and continuously stir until the stock soaks in and starts to become creamy. The cracked KAMUT® khorasan will be done when it has a nice bite to it but not crunchy. Pull the bay leaf out when done. Once done add garlic, shallots, thyme and incorporate. Add creme fraiche and lemon zest. Stir and season to taste. Fold in or garnish with chervil and truffle oil and top with your favorite seafood or meat (scallop, prawns, beef etc.).

For more heart-healthy recipes for Valentine's go to [www.kamut.com](http://www.kamut.com).

**About KAMUT® Brand Khorasan Wheat**

The mission of Kamut International is to promote organic agriculture and support organic farmers, to increase diversity of crops and diets, and to protect the heritage of a high quality, delicious ancient grain for the benefit of this and future generations. KAMUT® is a trademark of Kamut International and it stands for guaranteed standards that are verified by tests from every field.