

Try Me!

# Spelt

MEATLESS MONDAY

1 cup of cooked Spelt = 246 calories, 11g protein, 1.6g fat, 51g carbohydrates, 7.6g fiber



## Fun Facts About Spelt

- ▶ Spelt's scientific name is *Triticum aestivum*.
- ▶ Spelt is an ancient grain dating back to the bible.
- ▶ Spelt was very popular in Europe during the Bronze Age through Medieval times.
- ▶ History shows that spelt was originally grown in Iran around 5000 to 6000 BC, but it has grown in Europe for more than 300 years and in North America for over 100 years.
- ▶ It is sometimes used to feed animals.
- ▶ Spelt was once used as a peasant food as it became less popular. Recently it has made it back into popularity because of its high nutrient content.
- ▶ The spelt's husk protects it from pollutants and insects and allows growers to avoid using pesticides.
- ▶ Spelt is similar to wheat in appearance, but it has a tougher husk than wheat.

Try Spelt Pancakes on Tuesday, March 19!



## Nutrition

- ▶ Eating this power-packed grain can help you maintain high energy levels, promote a healthy nervous system, lower cholesterol, help with digestion, and prevent high blood sugar.
- ▶ Spelt is a good source of calcium, magnesium, selenium, zinc, iron, and manganese.
- ▶ Spelt is higher in B complex vitamins than wheat flour.
- ▶ This grain has more protein than wheat.
- ▶ Many people with gluten tolerance and wheat allergies may be better able to tolerate spelt.

## Cooking, Storing and Eating Spelt

What does it taste like? Spelt has a mildly sweet, nutty flavor.

- ▶ Spelt is predominantly used as a flour in baked goods. However it is also available as pasta, a coarse pale bread, biscuits, crackers, rolled flakes, or as the grain itself.
- ▶ Cooked spelt can be eaten as a side dish or added to cereal and salads.
- ▶ Spelt can be stored for up to a year providing the proper storing precautions are taken.
- ▶ Store spelt in an air-tight container. Keep it in a cool, dry, dark place, preferably 50°. You can also freeze it.
- ▶ To cook the whole grain, add 1 cup of rinsed spelt berries to 3 cups of water. Add a pinch of salt and bring to boil. Simmer for 45-60 minutes. Fluff with a fork and let stand 5 minutes.

### References:

Whole spelt grain. <http://www.versagrains.com/spelt-grain.html>  
Spelt. <http://en.wikipedia.org/wiki/spelt>

Poster created by: Syracuse University Food Services