



Kernels

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Message from the President

As 2022 begins we know many people have made resolution to lose weight by changing their diet. We offer some scientifically proven advice on making good diet plans and avoiding fad diets. You can pass this information on to your clients, family and friends to help them be successful. We also have some cooking and baking advice from top chefs and tips on how to become a better baker, and as always, great recipes. We hope you find this information useful. Happy new year!

Tim O'Connor
President, Wheat Foods Council



What's Happening on Chef's Corner?

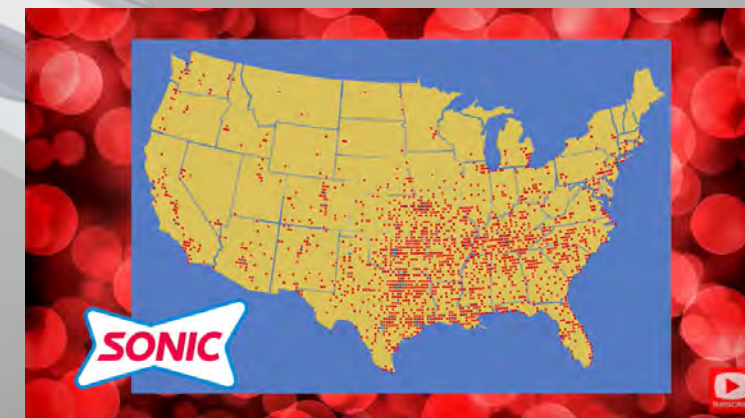
New and Upcoming Interviews and Expert Hacks from Our Featured Chefs

The Chef's Corner video series is a part of the Wheat Foods Council's growing library of video resources about wheat foods, nutrition, and related topics. Each video of Chef's Corner introduces a different chef or cook from various culinary backgrounds to discuss their current position, experience, craft, cooking tips and more.

Meet Sonic's Chef Scott Uehlein in the latest Chef's Corner installment. Chef Uehlein, Head of Culinary Innovation for Sonic Drive-In, discusses his path to success, how he finds innovation for all of Sonic's products, and a way to up your BBQ game!



Stay tuned for our newest interview with Chef Kaylee Gill, Research Chef at Pepperidge Farm, a subsidiary of the Campbell Soup Company since 1961. Learn more about Chef Kaylee and how she contributes to creating Pepperidge Farms' iconic breads, buns, cookies, pastries, crackers and, of course, Goldfish® crackers. Chef Kaylee's interview will air on the [WFC's YouTube site](#) in early January 2022!



(Continued next page)

Here are some Cooking & Baking Hacks from our Chef's Corner Featured Guest Chefs:



"I love a burger on a flat grill, rather than an open grill. You get a better sear and that caramelization on the outside of the hamburger. I don't cook my burgers, or even steaks, on an open grill anymore. I've become a fan of the reverse sear. Cook your steak on low heat, maybe add a little smoke, until it's about 120 degrees on the inside. Then remove it from the grill and sear it on a hot pan or grill. It's perfect every time!"

Scott Uehlein, Head of Culinary Innovation for Sonic Drive-In



"Truly one of the things that excites me about cooking is getting a good sear on foods. So, if you're starting out in the industry or you're avid about food, I recommend getting some cast iron pans. It's the best thing you'll ever do, and you'll thank me later."

Jay Drumm, Senior Specialist of Culinary and Innovation for Wendy's

"When making a sandwich, never be afraid to get some good toast on your bread. Texture matters! You can get good texture from the toasted bread, but also by adding ingredients, like a crispy onion, fried pepper, or even potato chips. These additions add to the experience. It's not just a soft sandwich anymore, instead it has so much more character."

Courtney Bufford, Culinary Manager at McAlister's Deli



"So much of baking is a science, and measuring exactly the right amount of ingredient, and not a gram more or less, greatly affects the final outcome of your baked product. So, make sure that everything is properly scaled to achieve best results."

Kirk Borchardt, Executive Chef Advisor at Ardent Mills



All Chef's videos are available on the WFC's YouTube site; WheatFoods.org; FoodFit.org and via the WFC social media channels.

5 Simple Goals for a Healthier 2022

Every new year millions of people are compelled to assess the previous year, reevaluate and make new resolutions for the coming year. Exercising more and losing weight are typically at the top of the list. This year keep things simple, and set goals that are achievable, measurable and easily fit into your current lifestyle. Small changes have a big impact!

Here are a few ideas to get you on your way to better nutrition, fitness and overall wellness:



1. Just Get Moving

It is as easy as taking the stairs or walking from the furthest parking spot in the lot. If you like to have a schedule, make an appointment to exercise - the earlier the better.



2. Eat More Fruits & Veggies

Adding vegetables to your morning eggs or breakfast sandwich gets you a couple of vegetable servings right at the start of the day. Eat a piece of fruit for a morning or afternoon snack, or enjoy fruit as a healthy sweet treat after dinner.



3. Improve Sleep

Try going to sleep and getting up at the same time each day. Make your bedroom a restful space and create a calming night time routine that works for your personality and schedule.



4. Cook at Home Often

Collect recipes that are easy and nutritious and create a shopping list that you can easily use each week to keep your pantry stocked. Maximize use of prepared nutritious foods that minimize prep and cooking time. Fresh vegetables, fruits and other healthier foods are available pre-cut, pre-measured and ready-to-serve.



5. Practice Positivity

Being positive starts with practicing self-care. Slow down and find ways to fill your tank. Compliment yourself and then compliment others. Paying it forward can be as simple as holding the door for someone or volunteering for a cause that is important to you.

*From 4H to 4 Star,
Chef Kaylee is
baking her way
to success*

**Chef Kaylee Gill,
Research Chef,
Campbell's Snacks**

CHEF PROFILE

Chef Kaylee graduated from the Culinary Institute of America in 2016. After interning with the Campbell's Soup Company, she started her career as Research Chef at Campbell's Soup, and today works on Campbell Snack's Pepperidge Farm brands exploring more behind the science of baking and pastry.

When did you know that you wanted to be a chef?

I knew I wanted to be a chef when I was about 16 years old. My mom was always willing to pick up odd ingredients for me, and she was very encouraging. I was also heavily involved in the 4-H Clubs. I baked a lot for neighbors and friends, and then people began to ask me to bake goods for purchase, and I thought, there's something here.

The summer between junior and senior year of high school, I set a personal goal to bake every day and use something I made the day before in the new product. I really challenged my creativity. At the end of the summer, I found I truly had a passion for baking, and it was definitely worth exploring.

So what do you do as a Research Chef for Campbell Snacks?

It changes day to day, but as a research chef my primary function is to support our innovation team. While I meet with other chefs on our culinary team from time to time, generally I work with our scientists, product developers, and marketing teams on innovation and business initiatives here at the Norwalk, CT site.



A common day for me might be working with my benchtop and lab work with my team testing different cracker recipes with slight adjustments to each. There might be days where it's more flavor-focused, so I'll work with our flavorist to discuss culinary references and gold standard and how we want this product to be referenced, such as a seasoning later on a tortilla chip.



[Photo Credit: Nebraska TV]

How do you balance good nutrition with indulgence?

I'm a big believer in permissible indulgence. I believe in a little treat every day, even if it is a small bite. Gluten-free or dairy-free may be a necessity or choice for some, but I believe in finding the right balance for your own lifestyle as far as how much you're moving and what types of food you eat. I certainly don't want to live in a world without bread and baked goods!



How can people become better home bakers?

Realize that it's okay if you make a mistake. There are times when you'll misread your ingredients and instructions or add something at the wrong time in the wrong amounts. If there is a term you are not familiar with then look it up. YouTube is a great resource for learning new baking techniques and terms.

When I first got started as a research chef, my job was more culinary-focused, which is terrifying as a baker, but I had the support of my team. The biggest thing I learned was to do my research, take my time, and remember that it's okay to make mistakes.

[Photo Credit: Culinary Institute of America]

Stay tuned for the full interview featured on the WFC's YouTube site. Chef Kaylee will also be featured in our "Ask the Expert" video series discussing more about the science behind baking and offering helpful hacks and useful information.

Introducing the



Most of us know a lot about bread. And most of us also know it comes from wheat. But the path it takes from the wheat field to our plates isn't as clear for many of us. How is it made? Has it changed in the last 100 years? Is it really healthy?

Welcome to the Farm2Fork Tour, a video series that give us a better understanding of the path wheat takes from field to table. You'll meet farmers, millers, cooks and more to learn what they do to produce the tastiest and nutritious product possible.

Join Michele Tuttle, MPH, RD, a Registered Dietitian, coach and world class triathlete as she takes you on a virtual tour.

Check out the first video and stay tuned for more to come!

<https://www.youtube.com/watch?v=iLkje5rvpoY>



Cold Weather Comfort Foods!



Chicken Noodle Soup

Ingredients

2 teaspoons olive oil
4 carrots, sliced
3 stalks celery, sliced
1 cup diced onion
2 cups sliced mushrooms
2 cloves garlic, minced
2 teaspoons fresh thyme leaves or 1 teaspoon dry
2 teaspoons chopped fresh sage or 1 teaspoon dry
1 teaspoon Italian seasoning
½ teaspoon dry oregano
½ teaspoon ground black pepper
6 cups reduced sodium chicken broth
2 cups water
3 cups cooked shredded or roughly chopped chicken (cooked leftovers or rotisserie chicken)
2 cups dry whole-wheat wide noodles (like egg noodles)

Directions

Heat oil in a large soup pot. Add carrots, celery and onion and sauté for a few minutes; add sliced mushrooms and next 6 ingredients (through black pepper). Stir to combine. Cook for about a minute to allow flavors to combine.

Add broth and water to the pot and turn heat to high. When broth begins to simmer, stir in chicken and noodles. Reduce heat to medium low, cover and simmer for about 8 minutes or until noodles are tender.

Ladle into bowls and serve.

Nutrition

Servings: 8

Calories/Serving 195

One serving provides approximately: 19g Protein, 18 g Carbohydrates, 3 g Fiber, 5.5 g Fat (1 g saturated), 56 mg Cholesterol, 11 mcg Folate, 2 mg Iron, 498 mg Sodium

Ingredients

8 ounces ziti, or other medium, tubular pasta, cooked
3 tablespoons butter
1 small onion, diced
1 tablespoon ground mustard powder
3 tablespoons all-purpose flour
3 cups 1% milk
½ teaspoon salt
Generous grinding of black pepper

1 ½ cups (6 ounces) grated fontina cheese
1 cup (4 ounces) grated sharp cheddar cheese
½ cup grated Parmesan cheese
2-3 slices (2 ounces total) Canadian bacon, diced
2 tablespoons minced fresh chives, or 1 teaspoon dried chives
¾ cup crushed cheese crackers

Directions

Preheat oven to 350 degrees F.

Lightly coat the inside of a 2-quart baking dish with cooking spray, or the insides of six 1 ½ – cup baking dishes.

In a medium saucepan, melt the butter over medium-low heat. Stir in the onions and sauté until translucent. Stir in the mustard powder and flour until well blended.

Gradually pour in the milk, bring to a simmer, stirring constantly, and cook for 3 minutes, using a whisk if there are lumps. Season with salt and pepper. Blend in the fontina, cheddar, Parmesan cheese, Canadian bacon and chives. Stir until smooth and hot.

Remove from heat. Fold in the ziti.

Pour the pasta into the prepared baking dish and sprinkle with crushed cheese crackers. Bake 30-40 minutes for a large casserole, 25-30 minutes for individual dishes, until very hot and beginning to brown on the edges. Serve hot.

Nutrition

Servings: 6

Calories/Serving: 560

One serving provides approximately: 29 g total fat; 16 g saturated fat; 85 mg cholesterol; 1040 mg sodium; 46 g carbohydrates; 2 g dietary fiber; 29 g protein; 6.5 mcg DFE (folate).

Dressy Macaroni & Cheese



10 Tips to Become a Better Baker

Baking is enjoyed by people of all ages and skill levels. Whether you are a beginner or an expert, there's always something new to learn about the baking process. From measuring hacks to equipment suggestions, here are ten tips to help you improve your baking craft.

1.



GET A GOOD SCALE

This expert hack comes from [Chef Kirk Borchardt, Executive Chef Advisor at Ardent Mills](#), and one of our Chef's Corner experts. Chef Kirk explained that "so much of baking is a science, and measuring exactly the right amount of ingredient, and not a gram more or less, greatly affects the final outcome of your baked product. So, make sure that everything is properly scaled to achieve best results."

2.



PREPARE & ORGANIZE

Read through the recipe to ensure you have everything you need; then assemble and organize your ingredients and the necessary equipment.

3.



MEASUREMENTS MATTER

Accurate measurements in all aspects of baking, including baking temperature, storage temperature, ingredients, and more, assure repeatable quality, controlled costs, product success, and customer satisfaction. Whether at home or in a professional kitchen, learn more about the importance of measurement in baking from this video tutorial, [Measurement Matters](#), a resource from the [Home Baking Association](#).

4.



PRESERVE YOUR INGREDIENTS

Proper storage and replacing outdated items ensure that you are baking with quality ingredients. For example, brown sugar stored over time dries out, but storing it with a piece of bread keeps it moist and the bread will not mold.

5.



GLASS VS. METAL

Use glass measuring cups for liquid ingredients, like oil and milk. Metal measuring cups work better for dry ingredients.

6.



WHISK VS. SPATULA

Using a whisk whips up the batter creating small air pockets which produces a fluffier texture for your end product.

7.



INVEST IN PARCHMENT PAPER

Parchment paper or a silicon liner makes it easier to remove cakes and cookies from pans and baking sheets reducing sticking and product breakage.

8.



TEST FOR DONENESS

Opening the oven too often can alter the baking process, so use the oven light and check the color of the baked item through the oven window. Use a wooden toothpick or thermometer to ensure that baked goods are fully baked before removing from the oven.

9.



DON'T OMIT THE SALT

Salt in baked goods enhances the flavors of all the ingredients boosting the taste profile for your end product.

10.



BE PATIENT

Wait until cakes are fully cooled before icing them. This prevents cake crumbs from clumping in your icing and ruining your finished product.

Additional Sources:

WFC Video, "Bake Like a Pro: 5 Tips to Get You Started!" featuring hacks from [howstuffworks.com](https://www.howstuffworks.com)




Start the Year with the Right Diet!

Year after year, losing weight and improving nutrition top the list of new year's resolutions, and yet **studies** show that almost 80% of people abandon their well-intentioned goals by February. Consumers are barraged with dieting plans and nutrition advice, most of which propose regimens that are unsuccessful, unsustainable, and often unhealthy. It's time to break out of the fad diet cycle of failure and start this year with the right diet to put you on the road to balanced nutrition and improved overall health.

Start by taking a more balanced approach. Choose a diet that embraces variety, flexibility and focuses on ensuring the calories you consume are packed with nutrition. Eating healthy foods from all food groups, doing some form of exercise daily, and balancing daily calorie intake with calories expended are key for achieving nutrition goals.

Beware of those diets, like Paleo, Keto and others that prohibit eating all or most carbs and fat. These diets are more strict, difficult to sustain, and some are not nutritionally balanced. Cutting out certain foods to lose weight can be risky and should be undertaken with a doctor's supervision.



Avoiding food groups can actually sabotage health and wellness goals, rather than support them. Choosing a **low or no carb diet can deprive you of valuable nutrients**, like whole grains that help protect against type 2 diabetes, stroke, heart disease and some cancers. Many of these diets do not permit fruits and vegetables that are low-fat, fiber-rich complex carbohydrates loaded with vitamins and antioxidants, and beans which are a great source of protein.

Omitting dairy deprives you of vital calcium and protein supplied by fat-free or low-fat milk or yogurt. Eating a fat-free diet can negatively impact health, because small amounts of fat provide essential fatty acids, which the body cannot make itself. Fat also helps with vitamin A, vitamin D and vitamin E absorption. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats.

Adopt a plan that encourages you to eat the healthiest options from all major food groups. For example, it is better to eat complex carbohydrates, like whole or enriched grains, fresh fruit and vegetables, and lean proteins, which are lower glycemic, inside of refined or high sugar carbs that raise blood sugar levels. **Lower glycemic carbs** actually lower insulin levels, help you to feel full and less hungry, improve cholesterol levels, and protect the heart.

When choosing a diet consider your individual needs and personality.

It is not only important to choose a diet based on real scientific, peer-reviewed research and balanced nutrition, but also one that is tailored to your weight loss needs, personal preferences, and lifestyle. If you do not respond to strict rules and deprivation, choose a less rigid plan that permits eating a variety of healthy foods from all the major food groups. Flexibility allows for an occasional, mindful indulgence if you need a reasonable reward. However, the plan should limit alcohol and sugary drinks and snacks, and encourage exercise in some form.



- **The DASH diet** (Dietary Approaches to Stop Hypertension) is a healthy-eating plan designed to help treat or prevent high blood pressure. It includes foods rich in potassium, calcium and magnesium, which help control blood pressure. The diet limits foods that are high in sodium, saturated fat and added sugars, and it recommends servings from each major food group daily, such as 6 to 8 servings of grains each day.



- **The Mayo Clinic Diet** is a long-term weight management program designed to help you reshape your lifestyle by adopting healthy new habits and breaking unhealthy old ones. The diet focuses on generous amounts of healthy foods, particularly fruits and vegetables, and healthy choices in the other food groups, including whole-grain carbohydrates, lean sources of protein, low-fat dairy, and heart-healthy unsaturated fats.



To be successful with your nutrition and weigh loss goals, consider these flexible, science-based diet plans that embrace balanced nutrition:

- Studies continue to highlight success of those who follow **The Mediterranean Diet**. It fosters a flexible eating plan of a variety of plant-based food choices, including fresh fruits and vegetables, whole grains, and beans. The diet encourages eating heart-healthy omega-3 fish; moderate amounts of dairy, eggs, and poultry; and limits red meat high in saturated fat. Pasta is a central staple for the Med Diet, and most foods can be cooked in healthy olive oil. Eating foods allowed on the Med Diet helps reduce the risks for heart disease, cancer, and can help relieve symptoms of depression.



- **Weight Watchers** is an individualized diet plan that promotes healthy food choices, supplies support, and encourages exercise. Click the [link](#) to learn more.

**Other Sources:
The Mayo Clinic article:
[“Weight loss: Choosing a diet that’s right for you”](#)**

