

Health Benefits of Rye



Rye is a cereal grain that comes from the seed of the rye grass. It was one of the first grains to be cultivated 13,000 years ago but was not widely used until the Middle Ages in Europe. Although rye grains look similar to wheat, they differ slightly. Rye is lower in calories, protein and fat than wheat and contains more fiber. When ground into flour, rye is darker in color and rich in flavor.

Rye contains gluten, although in lesser amounts than wheat, which is why rye baked goods are denser. Rye can have a slightly sour taste and is often mixed with wheat flour for a less-dense, neutral-tasting product.

Rye can also be used to make rye whiskey and beer.

WHAT MAKES RYE GREAT?

Nutrition

1/4 cup cracked rye grains provides 143 Calories, 4 gm protein, 7 gm fiber, 1 gm fat, no cholesterol.

Fiber

Whole rye is higher in fiber than whole wheat. It contains soluble fiber, which lowers cholesterol and modulates blood sugars, and insoluble fiber, which helps improve digestive mobility and lowers risk of some cancers. Fiber feeds the healthy gut bacteria that work to protect the body from illness and disease. Fiber also contributes to feelings of fullness which can aid in weight management.

Although rye has more carbohydrates than wheat, it has a lower glycemic index, largely due to its fiber content.

Protein

Rye contains less protein than wheat.

Vitamins

Rye contains vitamins A and K not present in wheat, and has more vitamin B2 and B6.

Minerals

Rye is a good source of manganese, potassium, copper and phosphorus. It provides magnesium to lower blood glucose, regulate blood pressure and normalize heart rhythm.

Fat

Rye contains slightly less fat than its wheat counterpart but more of the fat-soluble antioxidant vitamin E.

BUYING & USING RYE

Rye berries are the intact seeds harvested from the grass and are the least refined. These can be boiled like rice as a side dish, or used as porridge or cereals, in salads or tossed with vegetables. Soaking berries overnight will soften them and speed cooking time.

Rye grains can also be rolled, similar to rolled oats, and can be used to make porridge or in baked goods like cookies and bars.

Rye is most often found ground into flour of light, medium or dark varieties. Light rye has had most of the bran removed, whereas dark rye flour has nearly all the bran intact and is the most nutritious. Most commercial flours are medium. The flour used to make pumpernickel is usually dark flour.

Keep in mind, rye contains only a small amount of gluten, and is often mixed with wheat to make baked goods. When seeking out 100% rye products, read ingredients label carefully.

Although rye is low in fat, the oils can become rancid. Store rolled rye or flour in the refrigerator or freezer.



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Rye Bread

Veganbaking.net

Ingredients:

1 3/4 c + 3 Tbsp warm water
2 1/4 tsp or 1/4 oz active dry yeast

2 1/2 c bread flour
1 1/2 c dark rye flour
1 3/4 tsp salt

1 Tbsp sugar
1 Tbsp molasses
2 tsp caraway seeds

Directions:

1. Activate the yeast by mixing warm water with yeast and set aside about 10 minutes.
2. Whisk together flours and salt. In a separate bowl, mix sugar, molasses and seeds. Stir into warm yeast water.
3. Add wet ingredients to dry stirring 1 minute in one direction and then stir the other direction one minute.
4. Spread clean bowl with 1 Tbsp olive oil. Form dough into a ball and rotate it in the oil to coat.
5. Cover and allow dough to rise until doubled, about 1 1/2 hours.
6. Dampen hands and punch dough to release gas. Reform into ball and let rise another 1 1/2 hours.
7. Proof the dough by gently forming into oiled loaf pan and cover, allowing it to rise to desired size.
8. Bake at 375°F 40-45 minutes. Allow to cool fully before slicing.

Carrot Rye Berry Salad

Adapted from seriouseats.com

Ingredients:

1 1/2 c dried rye berries
1 bay leaf
1 pound carrots (cooked or raw)
1 c almonds, chopped

2 stalks celery, sliced on bias
1/2 small red onion, chopped
1/4 c fresh cilantro leaves, chopped
2 tsp Dijon mustard
1 medium clove garlic, minced

2 tsp lemon juice
2 tsp balsamic vinegar
3 Tbsp olive oil
Salt and black pepper to taste

Directions:

1. Place rye berries in medium saucepan and cover with water by 2". Add bay leaf and salt. Bring to boil then reduce to simmer and cook until tender, about 30 minutes. Place in strainer and run under cool water until chilled. Discard bay leaf and allow strainer to drain and cool, at least 15 minutes.
2. Toast almonds in skillet over medium heat, tossing frequently until dark in spots, about 5 minutes. Set aside.
3. Combine mustard, garlic, lemon juice, vinegar and oil in large bowl, whisking to combine. Add berries, carrots, almond, celery, onion and cilantro. Season to taste with salt and pepper. Toss and serve.

Rye Breakfast Berries

sustainablepantry.com

Ingredients: 1/2 c dried rye berries and 1 c water

Directions:

1. Soak berries overnight in water. Drain. Place berries in saucepan with fresh water.
2. Bring to boil and reduce heat to simmer, cover and allow to cook 30-40 minutes until al dente. Drain excess water.
3. Serve with flavorings like chopped dates, pecans and sunflower seeds. Or stir with vegetables, balsamic vinegar and soy sauce.

**REFERENCES**

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