

**Updates and Errata for 125 Gluten-Free Vegetarian Recipes**  
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Page 195: added millet grits, lengthened cooking time for polenta (be sure to follow package directions)

<b>Grain (1 cup)</b>	<b>Whole Grains for Breakfast Boiling Water or Broth</b>	<b>Approximate Cooking Time</b>
Amaranth <sup>1</sup>	2 cups	20-25 minutes
Brown rice	2½ cups	50-55 minutes
Buckwheat <sup>2</sup>	2 cups	15-20 minutes
Oat Groats <sup>3</sup>	3 cups	40-45 minutes
Millet Grits/Meal <sup>4</sup>	3 cups	10-15 minutes
<b>Millet (whole grain)</b>	<b>4 cups</b>	<b>35-40 minutes</b>
Polenta (Corn) Grits	4 cups	<b>10 minutes (follow package directions)</b>
Quinoa <sup>5</sup>	2 cups	15-20 minutes
Sorghum <sup>6</sup> (soak overnight)	2 cups	45-60 minutes
Steel-Cut Oats <sup>7</sup>	4 cups	10-15 minutes (rinse with hot water after)
Teff <sup>8</sup>	3 cups	10-15 minutes
Wild Rice	4 cups	40 minutes