



## Oatmeal

Oats are a whole grain and they have the highest amount of protein of all the common grains. Whole grain oats are low in natural sugar and sodium, and provide a **good source of fiber**.

### Nutrition Information

Oatmeal is a part of the grain group. Foods from the grain group provide our body with its number one source of energy.

Based on MyPyramid,  $\frac{1}{2}$  cup cooked oatmeal provides 1 ounce of grains from the grain group.

A typical person should aim to eat 6 ounces of grains every day. At least 3 ounces should be whole grains, like oatmeal.

### Storage

Store unopened oatmeal in a cool, dry place. Unopened oatmeal can be stored up to 6 months.

After opening, store in a tightly covered container to keep out dust, moisture and insects.

Do not store above the refrigerator or stove, and do not store next to soap products or products with strong odors.

### Uses

- ✓ Enjoy oatmeal as a hot cereal for breakfast.
- ✓ Use oats to extend the flavor of meat in meat loaf and casseroles.
- ✓ Add oats to breads or cookies.
- ✓ Use oats to thicken soups, stews, and desserts. When oats are mixed with a liquid, it causes it to swell and thicken.

### Try Adding One of the Following to Hot Cereals

- applesauce
- cinnamon
- banana slices
- canned fruit
- raisins
- chopped apple
- jam or jelly
- honey
- brown sugar
- maple syrup

Know how. Know **now**.

# Recipes and Tips

## Cooking Instructions (to make ½ cup serving)

### Stove Top:

1. Boil 1 cup water or milk.
2. Stir in ½ cup oats.
3. Reduce heat and cook for 5 minutes over medium heat; stir occasionally.

### Microwave:

1. Combine 1 cup water or milk, and ½ cup oats in medium microwavable bowl.
2. Microwave 2½ to 3 minutes, stir before serving.



## Oatmeal Pancakes

6 servings

1¼ c. low-fat milk	½ c. all-purpose flour
1 c. regular oats	1 T. brown sugar
1 T. vegetable oil	1 tsp. baking powder
2 eggs, beaten	¼ tsp. salt

1. Combine milk and regular oats in a bowl and let stand 5 minutes.
2. Add oil and eggs, mixing well.
3. Stir in flour, brown sugar, baking powder, and salt.
4. Stir batter before pouring each pancake.
5. Pour ¼ cup of batter for each pancake on a lightly oiled and heated griddle or skillet.
6. Turn when the top is bubbly.

**Nutrition Information per Serving:** Calories 150, Total Fat 4 g (6% DV), Saturated Fat 1 g (6% DV), Cholesterol 85 mg (28% DV), Sodium 240 mg (10% DV), Total Carbohydrate 21 g (7% DV), Dietary Fiber 2 g (6% DV), Sugars 4 g, Protein 7 g, Vitamin A 6%, Vitamin C 0%, Calcium 15%, Iron 8%.

## Oatmeal Cookies

24 servings

½ c. vegetable shortening	½ tsp. salt
1 c. brown sugar	¼ tsp. ground cinnamon
1 egg	¼ c. water
1 c. all-purpose flour	½ tsp. vanilla
½ c. non-fat dry milk	2 c. regular oats
2 tsp. baking powder	½ c. raisins (optional)

1. Preheat oven to 375°F. Grease a baking sheet. Set aside.
2. In a large mixing bowl, beat together shortening and brown sugar.
3. Add egg and continue to beat until smooth and creamy.
4. Add flour, dry milk, baking powder, salt, and cinnamon. Mix well. Stir in water and vanilla. Add regular oats and raisins, if desired. Drop by small spoonfuls onto prepared baking sheet.
5. Bake for about 12 minutes or until lightly browned.

**Nutrition Information per Serving:** Calories 120, Total Fat 5 g (7% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 10 mg (3% DV), Sodium 105 mg (4% DV), Total Carbohydrate 18 g (6% DV), Dietary Fiber 1 g (3% DV), Sugars 10 g, Protein 2 g, Vitamin A 0%, Vitamin C 0%, Calcium 6%, Iron 4%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm>