

Can-Do OATS



Baked Meatballs

Servings: 6

Ingredients

- ½ cup finely grated carrot
- 1 egg
- ½ cup oats (old-fashioned rolled or quick-cooking)
- ¼ cup skim or 1% milk
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon oregano
- 1 pound lean ground meat (15% fat or less; try beef, pork, lamb, turkey or chicken)

Directions

1. Clean hands and food preparation surfaces.
2. Preheat oven to 425 F. Lightly grease a baking sheet.
3. In a large bowl, stir together all ingredients except ground meat.

4. Add the ground meat and mix in evenly.
5. Using your hands, shape the mixture into balls approximately 2 inches in size. (This should yield around 20 meatballs.). Arrange meatballs on baking sheet with space between each one. Bake in 2 batches or on 2 baking sheets if needed. Wash hands with soap and water after touching the raw meat and eggs.
6. Bake for 12 to 15 minutes or until the meatballs are cooked through (165 F with a food thermometer) and the outsides are browned.
7. Serve warm. Refrigerate leftovers within 2 hours.

Variation

Try other seasonings such as Italian seasoning or use soy sauce instead of salt. Use chopped frozen spinach or grated zucchini instead of carrots.

Source: foodhero.org/recipes/baked-meatballs



Banana Oatmeal Muffins

Servings: 12

Ingredients

- 1 cup oats (quick-cooking or old-fashioned rolled)
- ¼ cup low-fat milk
- 2 eggs
- ⅓ cup vegetable oil
- 1 cup mashed ripe banana
- 1 ½ cups whole-wheat flour
- ½ cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt

Directions

1. Clean hands and food preparation surfaces.
2. Preheat oven to 400 F. Lightly grease the bottoms and sides of 12 muffin cups.
3. In a medium bowl, mix the oats, milk, eggs, oil, sugar and mashed banana. Let mixture stand for at least 10 minutes.
4. In a large bowl, stir together the flour, baking powder, baking soda and salt.
5. Add oat mixture to dry ingredients and stir gently to mix until just moistened.
6. Fill muffin cups ¾ full.
7. Bake until golden brown and a toothpick inserted in the center comes out moist but clean, about 18 to 20 minutes.

Adapted by: foodhero.org/recipes/banana-oatmeal-muffins



Peanut Butter Cereal Bars

Servings: 9

Ingredients

- ½ cup honey
(*See important safety note.)
- 1 cup peanut butter
- 2 cups rice cereal
- 2 cups quick-cooking oats
- 1 cup raisins or other dried fruit

Directions

1. Clean hands and food preparation surfaces.

*Important Safety Note: Honey and products made with honey must not be fed to infants younger than one year because honey can cause “infant botulism.” Spores of the bacteria that cause botulism are present in honey. When these spores get into an infant’s intestinal tract, they grow and produce a toxin that results in severe illness and death. Regular cooking or baking methods do not destroy the botulism spores in honey!

Source: foodhero.org/recipes/peanut-butter-cereal-bars

2. In a saucepan, bring honey to a boil.
3. Reduce heat to low and stir in peanut butter.
4. Add cereal, oats and raisins; mix well. Remove from heat.
5. Lightly grease an 8-by-8-inch baking pan. Press mixture into pan. When cool, cut into 16 bars.
6. Store in an airtight container for up to a week.

Variation

Try this recipe with 4 cups of unsweetened cereal flakes instead of the rice cereal and oats.



Stovetop Steel Cut Oats

Servings: 4

Ingredients

- 3 cups water
- 1 cup steel cut oats

Directions

1. Clean hands and food preparation surfaces.
2. In a saucepan, bring water to a boil. Add oats.
3. Reduce heat to low and simmer uncovered for 15 to 20 minutes. Stir a few times while cooking.
4. Turn off heat and let stand for 2 minutes before serving.
5. Refrigerate leftovers within 2 hours.

Variation

Top with fresh, frozen or dried fruit; milk or yogurt; chopped nuts or seeds; cinnamon or other spices. Savory toppings options include chopped vegetables and grated cheese.

Source: foodhero.org/recipes/stovetop-steel-cut-oats



Funded in part by USDA SNAP.
For more information, call MU Extension's
Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars?
Contact your local resource center or go
online to mydss.mo.gov/food-assistance

Oat Tips

- Old-fashioned oats, also known as rolled oats, are whole oat grains that have been steamed and then pressed into flat flakes using rollers. This process results in a slightly softer texture and a faster cooking time than whole oat grains or steel-cut oats.
- Steel-cut oats are whole oat grains that have been cut into smaller pieces using steel blades, resulting in a chewier and nuttier texture than rolled oats. These take longer to cook because they are less processed.
- Quick-cooking oats, also called quick oats, are rolled oats that have been further processed, making them cook faster than traditional rolled oats. This is achieved by steaming the oats longer and then rolling them into thinner flakes. They cook in just a few minutes and have a mild flavor and soft, mushy texture.
- When cooking oats, the oats-to-liquid ratio is generally two cups of liquid for one cup oats.
- Adding a pinch of salt to oats brings out a nutty oat flavor.
- Oats are a good source of fiber, including soluble fiber, which can help lower cholesterol.

