



# Give Your Family More of the Good Stuff!



## Oat Basics

*Oats are a good source of soluble fiber  
which is great for heart health.*

### Shop and Save

- ✿ Compare package sizes for the lowest cost per ounce.
- ✿ Bulk oats may cost less than packaged oats.
- ✿ Oats should smell faintly sweet or have no aroma. Avoid oats that have a musty or oily scent.



### Store Well Waste Less

Store oats in tightly covered containers to keep out moisture and insects.

- Keep in a cool, dark, dry cupboard. Quality is best when used in 3 to 6 months.
- When well packaged and stored in the freezer, they can last up to a year.



### Types of Oats

**Whole Oat** grains are called groats.

**Rolled Oats** (Old Fashioned) – Whole oat groats are steamed and rolled into flakes.

Cooking time is about 5 minutes.

**Quick Oats** – the groats are cut into pieces before being steamed longer and rolled thinner than regular rolled oats. Cooking time is about 1 minute.



**Instant Oatmeal** – pre-cooked oat pieces have been dried and rolled into thinner, smaller flakes. Just add hot water to prepare; can be very soft.

**Steel Cut (Irish oats)** – whole oat groats cut into 2 to 3 small pieces by steel blades.

Cooking time is about 20 to 30 minutes. They will have a chewy texture. May also be available as quick cooking (3 minutes).



**Scottish Oats** – the groats are ground and broken into small bits. They have a creamy porridge consistency when cooked.

**Oat Bran** – the outer coating of the oat grain; very high in fiber.

**Oat Flour** – A whole-grain flour that can be used in baking or thickening.



# Cooking with Oats

## Savory Oatmeal

### Ingredients:

- ½ cup non-fat or 1% milk
- 1 ½ cups reduced-sodium chicken broth
- ½ cup steel cut oats
- ⅓ cup reduced-fat cheddar cheese, shredded
- ¼ cup green onion, diced
- ½ cup tomatoes, diced

### Directions:

1. Combine milk and broth in a medium saucepan over high heat. Heat until mixture starts to boil.
2. Stir in oats and reduce heat to a simmer. Cook for 25 to 30 minutes, stirring occasionally, until liquid is absorbed. Oats should be tender and cooked through.
3. Stir in cheese and green onion. Top with tomatoes.
4. Refrigerate leftovers within 2 hours.

Makes 2 ½ cups

Prep time: 15 minutes

Cook time: 25 to 30 minutes

## Cranberry Oatmeal Balls

### Ingredients:

- 1 cup quick-cooking oats
- ⅓ cup almonds, chopped
- ⅓ cup reduced-fat peanut butter
- ¼ cup honey
- ⅓ cup dried cranberries

### Directions:

1. In a medium bowl combine all ingredients until well mixed.
2. Form oat mixture into 18 balls about 1 inch wide.
3. Place balls on a cookie sheet. Refrigerate for 30 minutes.

### Notes:

- ☼ Honey is not recommended for children under 1 year old.
- ☼ To avoid sticky fingers, keep the oat balls cool until ready to eat.

Makes 18 one-inch balls

Prep time: 10 to 15 minutes plus 30 minutes chilling

Visit  
[FoodHero.org](http://FoodHero.org)  
for more  
oat recipes

## Quick Fix

- ☼ Serve hot oatmeal with fruit – fresh, dried, frozen or canned.
- ☼ Add quick or rolled oats to a meatloaf recipe.
- ☼ Make overnight oatmeal in the refrigerator; just add milk or yogurt and top with fruit.



When kids help make healthy food, they are more likely to try it. Show kids how to:

- ☼ wash veggies under cool running water
- ☼ measure liquid ingredients
- ☼ cut green onions with kitchen scissors
- ☼ grate cheese