



Give Them More
of the
Good Stuff!

Oat Basics

*Oats are a good source of 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 smell. Avoid oats that have an unpleasant or musty smell.



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.
- To store for up to a year, package well and keep in the refrigerator or freezer.

Types of Oats

Rolled Oats –

whole oats are steamed and rolled into flakes

- **Old Fashioned** - thick flakes; has the most texture; cooks in 5 minutes
- **Quick Oats** - steamed longer and rolled thinner; softer texture; cooks in 1 minute
- **Instant Oatmeal** - cooked completely, dried, rolled into very thin small flakes; texture is very soft; just stir in hot water to prepare



Cut Oats –

each whole oat is cut into pieces with steel blades

- **Steel Cut or Irish oats** - cooks in 20 to 30 minutes; has a chewy texture
- **Quick Cooking Steel Cut Oats** - pieces are smaller; cooks in 5 to 7 minutes; texture is softer
- **Scottish Oats** - pieces are very small; creamy porridge texture



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



Oat Flour – a finely ground, whole-grain flour that can be used in baking and thickening; naturally gluten-free if processed separately from wheat



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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Cooking with Oats

Savory Oatmeal

Ingredients:

- 1/2 cup non-fat or 1% **milk**
- 1 1/2 cups **chicken broth**
- 1/2 cup **steel cut oats**
- 1/4 cup **cheddar cheese**, shredded
- 1/4 cup **green onion**, diced
- 1/2 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 1/2 cups

Prep time: 15 minutes

Cook time: 25 to 30 minutes

Notes:

- ❁ To use old fashioned rolled oats, reduce the broth to 1/2 cup and cook for 5 minutes in step 2.



Kids Can!

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.

Cranberry Oatmeal Balls



Ingredients:

- 1 cup **quick-cooking rolled oats**
- 1/3 cup **almonds**, chopped
- 1/3 cup reduced-fat **peanut butter**
- 1/4 cup **honey**
- 1/3 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. Refrigerate balls in a single layer for 30 minutes. Serve cool to avoid stickiness.

Note:

- ❁ Honey is not recommended for children under 1 year old.

Makes 18 one-inch balls

Prep/chill time: 45 minutes

Visit FoodHero.org for quick and delicious recipes using oats.

Overnight Oatmeal



Ingredients:

- 1 cup uncooked **old fashioned rolled oats**
- 1 cup low-fat **yogurt**
- 1/2 cup nonfat or 1% **milk**
- 1 cup chopped **fruit**, fresh, frozen or dried

Directions:

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts, serve in small containers with lids.
4. Refrigerate leftovers within 2 hours.

Makes 3 1/2 cups

Prep time: 15 minutes or less

Standing time: 6 hours or longer

