

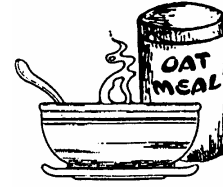
Oat Recipes

Hot Oat Cereal Serves 1.

1 cup water or milk

1/2 cup rolled oats

1. Place water or milk in a medium microwaveable bowl.
2. Add oats and microwave 1 1/2 to 3 minutes on HIGH.
3. Stir and let set a minute before serving.



Oatmeal Toppings:

Fresh or canned fruit

Dried fruit (raisins, dates, figs, prunes)

Jam or jelly

Honey, brown sugar or maple-flavored syrup

NUTRITION FACTS (per serving) - Calories 250 ~ fat 2.5 g ~ calories from fat 25 ~ sodium 130 mg ~ total carbohydrate 40 g ~ fiber 4 g

Oatmeal Pancakes Serves 8.

1 1/2 cups milk

1 cup flour

1 cup rolled oats

2 Tbsp. sugar

1/4 cup oil

1 Tbsp. baking powder

2 eggs, beaten

1 tsp. salt



1. In a medium bowl, mix milk and oats together and let stand 5 minutes.
2. Add oil and eggs to rolled oats.
3. Mix together flour, sugar, baking powder and salt. Stir flour mixture into rolled oat mixture until just moistened.
4. Cook pancakes in greased skillet until lightly browned on both sides.

NUTRITION FACTS (per serving) - Calories 200 ~ fat 9 g ~ calories from fat 80 ~ sodium 510 mg ~ total carbohydrate 25 g ~ fiber 1 g

Tuna Casserole Serves 6.

2 cans of tuna fish, drained

1/3 cup chopped onion

1/2 cup celery, chopped

Onion Sauce: 2 Tbsp. butter/margarine

2 eggs, beaten

1 small onion, chopped

1 cup rolled oats

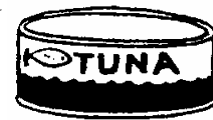
2 Tbsp. flour

3/4 cup milk

1 cup skim milk

1 Tbsp. lemon juice

Salt & pepper, to taste



1. Mix together first 7 ingredients (tuna, celery, egg, oats, milk, lemon and onion).
2. Put in a baking pan.
3. Bake at 350°F for about 50 minutes and until lightly browned on top.

Onion Sauce:

1. Melt margarine. Add onions and cook until tender.
2. Slowly stir in flour.
3. Stir in milk and cook over medium heat. Stir constantly until sauce boils.
4. Lower heat and stir until sauce thickens, about 3 minutes.
5. Add salt and pepper to taste. Pour sauce over each serving of tuna casserole.

NUTRITION FACTS (per serving) - Calories 210 ~ fat 7 g ~ calories from fat 60 ~ sodium 290 mg ~ total carbohydrate 16 g ~ fiber 2 g

Meatballs (Makes 12 meatballs, serves 6.)

1 small onion, chopped	1/4 tsp. pepper
1 lb. ground beef	1 cup tomato sauce
1/2 cup rolled oats	1/4 cup brown sugar, packed
1 egg	2 Tbsp. prepared mustard
1/2 tsp. salt	

1. Mix onion, ground beef, oats, egg, salt, and pepper.
2. Shape into 12 meatballs.
3. Cook in skillet until browned on all sides.
4. In a small pan mix tomato sauce, brown sugar and mustard.
5. Cook slowly for 10 minutes. Pour over meatballs.



NUTRITION FACTS (per serving) - Calories 240 ~ fat 11 g ~ calories from fat 100 ~ sodium 540 mg ~ total carbohydrate 18 g ~ fiber 2 g

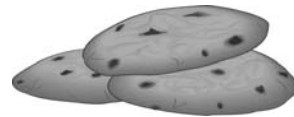
Jackpot Drop Cookies Makes 3 dozen.

1/2 c. margarine, softened	1 1/4 c. flour
1/2 c. sugar	1 t. baking soda
1/2 c. brown sugar	1 t. baking powder
1 egg, beaten	1 c. rolled oats (quick cooking or regular)
1 t. vanilla	1/2 c. raisins, chopped dates, or nuts

1. Preheat oven to 350°F.
2. Put margarine, sugar, brown sugar, egg, and vanilla in mixing bowl and beat thoroughly.
3. Add flour, soda, and baking powder and mix well. Add rolled oats and raisins, nuts, or dates. Stir until mixed
4. Drop by teaspoonfuls about 2 inches apart on cookie sheet. Bake for 10-12 minutes.

Note: The cookies will be golden brown when they are done but should be soft when you touch them lightly with your finger. Remove from cookie sheet to cool. When cool, store in container with tight lid.

NUTRITION FACTS (per cookie) - Calories 80 ~ fat 3 g ~ calories from fat 25 ~ sodium 80 mg ~ total carbohydrate 12 g ~ fiber < 1 g



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