

# OATS



**Rolled oats** are whole oat kernels that have been heated and pressed flat so they cook quickly.

- **Old-fashioned oats** are whole oats pressed and rolled.
- **Quick cooking oats** are sliced before heating then pressed.
- **Instant oats** are precooked, dried and pressed very thin.

## Storage

- Unopened, uncooked oats may be stored up to 6 months in a cool, dry place.
- After opening, store in an air-tight container away from moisture.

## Uses & Tips

- Cooked oats make a nutritious and high fiber dish. Flavor cooked oats with fruit or syrup.
- Add oats to meat loaf and casseroles.
- Add oats to thicken soups, stews and desserts.

## **Meat Loaf** Serves 6.

- 1 small onion, chopped
- 1 lb. ground beef
- 1/2 cup skim milk
- 1 egg
- 1/2 tsp. garlic powder
- 1 tsp. salt
- 3/4 cup rolled oats
- 1/2 cup cheese, shredded
- 1 tsp. Italian herb seasoning (optional)



1. In a bowl, mix all ingredients well.
2. Shape into a loaf and place in baking pan.
3. Bake at 325°F for about 1 hour, until internal temperature of 160°F is reached.

NUTRITION FACTS (per serving) - Calories 250 - fat 14 g - calories from fat 130 - sodium 500 mg - total carbohydrate 9 g - fiber 1 g



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