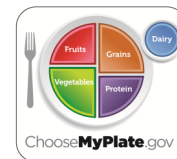


## Oats, Whole Grain, Dry, Quick Cooking

MyPlate Food Group: **Grain**



### Product Description

- Quick cooking rolled oats are a whole grain dry cereal. It needs to be cooked before eating.

### Storage

- Store unopened bags of quick oats in a cool, clean, dry place.
- After opening, keep package tightly closed.

### Uses and Tips

- Cook rolled oats with chopped fruit and low-fat or nonfat milk instead of water for a filling breakfast.
- Rolled oats can be used in a variety of baked dishes such as cookies, muffins, breads, and desserts.
- Rolled oats can be used in place of bread crumbs in meatloaf, or in chicken and fish patties.

### Nutrition Information

- ½ cup of cooked rolled oats counts as 1 ounce from the MyPlate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: ½ cup (117g) rolled oats, cooked in water

Amount Per Serving			
<b>Calories</b>	80	<b>Calories from Fat</b>	15
<b>-% Daily Value*</b>			
<b>Total Fat</b>	1.5g		<b>3%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	5mg		<b>0%</b>
<b>Total Carbohydrate</b>	14g		<b>5%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	0g		
<b>Protein</b>	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Cinnamon Oatmeal Pancakes

**Makes about 10 servings**

### Ingredients

- 1 ½ cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 tablespoon cinnamon
- 1 egg
- 1 ½ cups cooked oats
- ½ cup evaporated milk
- ¼ cup water
- Nonstick cooking spray

### Directions

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk, and water, and stir well.
3. Stir the oatmeal mixture into the flour mixture and stir until combined.
4. Heat a large skillet coated with nonstick cooking spray over medium heat.
5. Pour large spoonfuls of batter into the skillet. Cook until bubbles show on the tops of the pancakes, about 2 to 3 minutes. Flip over and cook an additional 2 minutes, or until golden brown and cooked through.
6. Serve warm by themselves or top with canned or fresh fruit.

*Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>*

## No Bake Oatmeal Peanut Butter Cookies

**Makes about 18 servings**

### Ingredients

- 1 cup sugar
- ¼ cup 1% milk
- ¼ cup margarine
- 2 tablespoons unsweetened cocoa powder  
(If you have it)
- 1 teaspoon vanilla extract
- ¼ cup peanut butter
- 2 cups dry oats
- Nonstick cooking spray

### Directions

1. Put sugar, milk, and margarine in a saucepan and bring to a boil. If using cocoa powder, add that too.
2. Remove from heat and stir in vanilla and peanut butter until peanut butter is melted.
3. Add oats and stir well.
4. Drop by teaspoonfuls onto a cookie sheet coated with cooking spray or covered with waxed paper. Let cool for 1 hour.

*Recipe adapted from Food.com*