

EASY TIPS FOR Cooking and Baking WITH WHOLE GRAIN OATS

Introduce oats to your meatloaf.

Substitute oats for bread crumbs the next time you prepare your family's favorite meatloaf. Simply add 3/4 cup quick or old fashioned oats per pound of lean ground beef or ground turkey breast. Works well in meatballs and burgers, too.

Break away from the usual side dish.

Try replacing rice with oats, barley or bulgur for a delicious new take on pilaf.

Get acquainted with a new whole-grain flour.

Use oat flour (see recipe below) to thicken soups and stews or to coat chicken pieces or fish fillets before cooking.

HOW TO MAKE GROUND OAT FLOUR

1. For 1 cup Ground Oat Flour, place 1 to 1-1/2 cups QUAKER Oats (quick or old fashioned, uncooked) in blender or food processor.
2. Cover and blend or process about 60 seconds.
3. Store in tightly covered container in cool dry place up to 1 month. Freeze for longer storage.

Experiment!

Try substituting whole wheat flour, stone-ground cornmeal or ground oat flour for a portion of the all-purpose flour. For example, ground oat flour can replace up to one-third of the all-purpose flour called for in recipes for cookies, bars, muffins and breads.

Bring in a Sub.

To give baked goods a nutrition boost as well as a hearty texture and flavor, substitute quick or old fashioned oats right out of the tube for up to one-third of the flour called for in cookie, bar, muffin and loaf-type quick bread recipes.

Top It Off.

Keep a simple crumb topping on hand to use when baking muffins, coffeecakes, quick bread loaves or even bar cookies – whether from scratch or from a packaged mix. Sprinkle on oat topping just before baking.

ANYTIME OAT TOPPING

- 1-1/4 cups QUAKER Oats (quick or old fashioned, uncooked)
1/2 cup whole wheat flour
1/4 cup firmly packed brown sugar
1/3 cup 0g trans fat 60% vegetable oil spread or butter, melted
1/2 teaspoon ground cinnamon
1. Combine ingredients in medium bowl; mix well
 2. Store tightly covered in refrigerator for 1 week or freeze up to 3 months.