Oat Basics

$hop and $ave

- 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 aroma. Avoid oats that have a musty or oily scent.

Oats are a good source of soluble fiber which is great for heart health.

Types of Oats

Whole Oat grains are called groats.

Rolled Oats (Old Fashioned) – Whole oat groats are steamed and rolled into flakes. Cooking time is about 5 minutes.

Quick Oats – the groats are cut into pieces before being steamed longer and rolled thinner than regular rolled oats. Cooking time is about 1 minute.

Instant Oatmeal – pre-cooked oat pieces have been dried and rolled into thinner, smaller flakes. Just add hot water to prepare; can be very soft.

Steel Cut (Irish oats) – whole oat groats cut into 2 to 3 small pieces by steel blades. Cooking time is about 20 to 30 minutes. They will have a chewy texture. May also be available as quick cooking (3 minutes).

Scottish Oats – the groats are ground and broken into small bits. They have a creamy porridge consistency when cooked.

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

Oat Flour – A whole-grain flour that can be used in baking or thickening.

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.
- When well packaged and stored in the freezer, they can last up to a year.

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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 SafeNet at 211. USDA is an equal opportunity provider and employer.

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Cooking with Oats

Cranberry Oatmeal Balls

**Ingredients:**
- 1 cup quick-cooking oats
- ½ cup almonds, chopped
- ⅓ cup reduced-fat peanut butter
- ¼ cup honey
- ½ 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. Place balls on a cookie sheet. Refrigerate for 30 minutes.

**Notes:**
- Honey is not recommended for children under 1 year old.
- To avoid sticky fingers, keep the oat balls cool until ready to eat.

Makes 18 one-inch balls
Prep time: 10 to 15 minutes plus 30 minutes chilling

Savory Oatmeal

**Ingredients:**
- ½ cup non-fat or 1% milk
- 1 ½ cups reduced-sodium chicken broth
- ½ cup steel cut oats
- ⅓ cup reduced-fat cheddar cheese, shredded
- ¼ cup green onion, diced
- ½ 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.
4. Refrigerate leftovers within 2 hours.

Makes 2½ cups
Prep time: 15 minutes
Cook time: 25 to 30 minutes

Visit [FoodHero.org](http://FoodHero.org) for more oat recipes

**Quick Fix**
- Serve hot oatmeal with fruit - fresh, dried, frozen or canned.
- Add quick or rolled oats to a meatloaf recipe.
- Make overnight oatmeal in the refrigerator; just add milk or yogurt and top with fruit.

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