



Cooking with Oatmeal

Oatmeal is a grain product that is low in fat but rich in carbohydrate, a nutrient that our bodies need for energy. Oatmeal also has fiber, iron and B vitamins, which help keep us healthy.

One serving of cooked oatmeal is equal to ½ cup.

Uses

No time for breakfast? Try oatmeal. Not only is it easy to prepare, but it is inexpensive, too.

Oatmeal is also used in many baked goods, including muffins, breads and cookies. You can even add oatmeal to ground beef to make it go further.

How to store it

Store oatmeal in a cool, dry place. Use within 1 year. Once opened, store oatmeal in a covered container to keep out moisture, dust and insects.

Oatmeal Pancakes (makes about 8 pancakes)

What you need

1½ cups uncooked oatmeal
1 teaspoon baking soda
½ cup all-purpose flour
2 eggs, slightly beaten
2 cups buttermilk
1 tablespoon honey
1 tablespoon vegetable oil

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Combine oatmeal, baking soda and flour. Set it aside.
3. In another bowl, mix the eggs, buttermilk, honey and oil. Add it to the dry ingredients; mix until slightly moist.
4. Cook the pancakes on a nonstick or lightly oiled griddle or skillet.

Note: The batter may look a little thin.

Possible toppings for oatmeal pancakes: cinnamon, applesauce, or canned peaches.

Note: Honey should not be given to children under 2 years old.

Meat Loaf (makes 4 to 6 servings)

What you need

1 pound ground beef
¾ cup uncooked oatmeal
1 egg (beaten)
½ cup grated carrots (if you like)
¼ cup chopped onion (if you like)
¼ cup chopped green pepper (if you like)
¼ cup catsup
½ cup water
salt (to your taste)
black pepper (to your taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Combine all the ingredients; mix them well.
3. Pack the mixture firmly into an ungreased loaf pan.
4. Bake it at 350 degrees F for 1 hour. Let it stand for 5 minutes before slicing.

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Revision