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# Rolled Oats in Family Meals

Oatmeal, traditional hot breakfast dish, is an energy-giving food which can be used in a variety of ways in all family meals. The amount of iron supplied by rolled oats makes a significant contribution to the total day's needs. Rolled oats as an extender in combination with other food increases the volume and helps to satisfy the appetite. The following recipes were developed by the Human Nutrition Research Division, Agricultural Research Service, U. S. Department of Agriculture.

## HOT BREAKFAST CEREAL

4 cups water  
1 teaspoon salt

2 cups quick-cooking oats

Add salt to water and heat to boiling. Stir in oats. Bring to boil and cook for 1 to 3 minutes in an uncovered pan. Stir occasionally. Cover pan. Remove from heat and let stand a few minutes before serving. Makes 4 servings.

### Variations

1. For added nourishment and flavor, mix 1/2 to 1 cup nonfat dry milk with oats before cooking.
2. Add 1/2 cup raisins or chopped dates to oats just before removing from heat.
3. Serve with brown sugar or syrup.
4. Slice cold cooked oatmeal, sprinkle with flour and fry. Serve with honey, syrup, or jelly.

## SCOTCH MEAT PATTIES

3/4 pound ground beef  
1/3 cup milk\*  
3/4 cup quick-cooking oats  
Salt and pepper  
2 tablespoons fat or oil

1 cup water  
1/4 cup chopped celery, if desired  
1/4 cup chopped green pepper, if desired  
1/4 cup chopped onion  
1 tablespoon flour

Combine meat, milk, oats, 1 teaspoon salt, and pepper. Make very thin patties; brown on both sides in the fat or oil in a frying pan. Add water and vegetables; season with salt and pepper. Cook covered over low heat 30 minutes. Blend flour with a little cold water, add slowly to the mixture, and cook until thickened, stirring occasionally. Makes 4 servings.

\*1-1/2 tablespoons nonfat dry milk + 1/3 cup water may be used in place of fluid milk.

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### OATMEAL PANCAKES

2 cups milk <u>a/</u>	2-1/2 teaspoons baking powder
2 cups quick-cooking oats	1 teaspoon salt
1/3 cup sifted flour	2 eggs, separated
1/3 cup melted fat or oil	

Heat milk and pour it over the oats. Allow to cool. Sift together flour, baking powder, and salt. Beat egg yolks and add to oat mixture. Add the fat or oil and stir in dry ingredients. Fold in stiffly beaten egg whites. Drop the batter by spoonfuls on a hot greased griddle or heavy metal frying pan. When the surface is covered with bubbles, turn and brown on the other side. Oatmeal pancakes take longer to brown than plain pancakes.

### OATMEAL MUFFINS

1 cup sifted flour	1 cup quick-cooking oats
2 teaspoons baking powder	1 egg, beaten <u>b/</u>
1/2 teaspoon salt	1 cup milk <u>a/</u>
2 tablespoons sugar	1/4 cup melted fat or oil

Sift together flour, baking powder, salt, sugar, and oats. Combine egg, milk, and fat. Add to the dry ingredients all at once, stirring only enough to moisten. Fill greased muffin pans two-thirds full. Bake at 400° F. (hot oven) about 20 minutes. Makes about 12 medium-sized muffins.

### OATMEAL COOKIES

1/2 cup sifted flour	1-1/2 cups quick-cooking oats
1/3 cup sugar	1/2 cup raisins
1/2 teaspoon salt	1 egg, slightly beaten <u>b/</u>
1 teaspoon baking powder	1/2 cup milk <u>a/</u>
1/4 teaspoon cinnamon	1/2 teaspoon flavoring
1/4 cup melted fat or oil	

Sift together flour, sugar, salt, baking powder, cinnamon. Mix in oats and raisins. Combine egg, milk, flavoring, and fat, and add to first mixture. Stir only until ingredients are moistened. Drop dough by teaspoonfuls onto greased baking sheets. Bake at 375° F. (moderate oven) about 20 minutes. Makes about 3 dozen cookies.

a/ Nonfat dry milk may be used: 1/4 cup dry milk + 1 cup water = 1 cup skim milk.

b/ 2-1/2 tablespoons sifted dried egg mixed with 2-1/2 tablespoons water may be substituted for 1 shell egg.



