



OATS, WHOLE GRAIN, ROLLED, DRY

Date: October 2012

PRODUCT DESCRIPTION

- Rolled oats are a whole grain dry cereal with no added vitamins and minerals. It needs to be cooked before eating.

STORAGE

- Store unopened bags of oats in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the [FDD Web site](#).

PREPARATION/COOKING

- Bring ½ cup water to a boil. Stir in ½ cup oats.
- Cook 5 minutes.

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.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

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

Amount Per Serving

Calories 80 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g		3%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 14g		5%
Dietary Fiber 2g		8%
Sugars 0g		
Protein 3g		
Vitamin A	0%	Vitamin C 0%
Calcium	2%	Iron 6%

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

CINNAMON OATMEAL PANCAKES

MAKES ABOUT 6 SERVINGS

Ingredients

- ½ c. flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 T. cinnamon
- 2 eggs
- 1 c. oats
- 1 ¼ c. low-fat milk
- 1 T. vegetable oil
- 1 T. brown sugar

Directions

1. In a medium bowl, combine milk and oats. Let stand 5 minutes.
2. Add oil and eggs. Mix well.
3. Stir in flour, brown sugar, baking powder, and salt.
4. Stir batter before pouring each pancake.
5. Pour ¼ cup of batter for each pancake on a lightly oiled and heated griddle or skillet.
6. Cook until the pancakes are full of bubbles and the under-surface is lightly browned. Lift the spatula and flip over. Lightly brown the other side.
7. Serve warm by themselves or top with canned or fresh fruit.

Calories	150	Cholesterol	85 mg	Sugar	4 g	Vitamin C	0%
Calories from Fat	36	Sodium	240 mg	Protein	7 g	Calcium	15%
Total Fat	4 g	Total Carbohydrate	21 g	Vitamin A	6%	Iron	8%
Saturated Fat	1 g	Dietary Fiber	2 g				

NO BAKE OATMEAL PEANUT BUTTER COOKIES

MAKES ABOUT 18 SERVINGS

Ingredients

- 1 c. sugar
- ¼ c. 1% milk
- ¼ c. margarine
- 2 T. unsweetened cocoa powder (if desired)
- 1 tsp. vanilla extract
- ¼ c. peanut butter
- 2 c. 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. Chill for 1 hour.

Calories	120	Cholesterol	5 mg	Sugar	12 g	Vitamin C	0 mg
Calories from Fat	40	Sodium	15 mg	Protein	2 g	Calcium	11 mg
Total Fat	5 g	Total Carbohydrate	18 g	Vitamin A	28 RAE	Iron	0 mg
Saturated Fat	1.5 g	Dietary Fiber	1 g				

Recipe adapted from Food.com