



Oats, Rolled, Quick Cooking

MyPlate Food Group: **Grains**



Nutrition Information

- ½ cup cooked oats counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Quick cooking rolled oats are a whole grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm.
- For specific information about quick cooking rolled oats, please refer to the product’s Nutrition Facts Panel or ingredient list.

Uses and Tips

- Quick cooking rolled oats make a quick and healthy breakfast. Add more flavor and texture by topping cooked oats with fresh blueberries, dried fruit, or nuts.
- Quick cooking rolled oats can be used as an ingredient in whole-grain pancakes, muffins, cookies, granola bars, and other baked items.

Storing Foods at Home

- Store unopened package of oats in a cool, clean, dry place.
- After opening oats, keep package tightly closed.
- To preserve freshness longer, oats may be stored in the refrigerator or freezer in an air tight container not made from metal.
- Once prepared, store any leftover oats in the refrigerator in a sealed container not made from metal.

MyPlate Facts

- Try to make at least ½ of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.

USDA Foods

Banana Oatmeal Bread

Makes 16 servings

Ingredients:

- ⅓ cup vegetable oil
- 2 eggs
- ⅔ cup white sugar
- 1 cup all-purpose flour
- 1 cup quick cooking rolled oats
- 1½ teaspoons baking soda
- ½ teaspoon salt
- 1 cup banana, mashed (4 small or 3 medium bananas)
- ¼ cup raisins or nuts, chopped (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 350 degrees F.
2. Grease or spray a 9x5-inch loaf pan.
3. Beat the oil and eggs with a mixer. Add sugar and beat until fluffy.
4. In a separate bowl, mix flour, oats, baking soda, and salt.
5. Add flour mixture and mashed bananas to egg mixture. Add raisins or nuts if using. Stir until blended.
6. Pour into loaf pan. Lay a piece of tinfoil over the top of the pan. Bake for 50 to 60 minutes.
7. Remove bread from oven and let it cool before you cut it.

Recipe adapted from University of Maine Cooperative Extension

Classic Meatloaf

Makes 8 servings

Ingredients:

- 1½ pounds lean ground beef or ground turkey
- ¾ cup quick cooking rolled oats
- ¾ cup onion, finely chopped
- ½ cup ketchup
- 1 egg, lightly beaten
- 1 tablespoon Worcestershire sauce or soy sauce
- 2 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions: Wash hands with soap and water

1. Heat oven to 350 degrees F.
2. Combine all ingredients in large bowl; mix lightly but thoroughly.
3. Shape meatloaf mixture into 10x6-inch loaf on rack of broiler pan. Bake until center of meatloaf reaches an internal temperature of at least 160 degrees (beef) or 170 degrees (turkey), about 50 to 55 minutes.
4. Let stand for 5 minutes before slicing.

Recipe adapted from North Dakota State University