

RECIPE for health

MARCH 2009 In partnership with Health4U and University Housing

Featured Food:

OATS



By Peggy Crum, RD, Health4U Nutritionist

In his 1755 Dictionary of the English Language, Samuel Johnson gives a curious definition for the word oats: “a grain, which in England is generally given to horses, but in Scotland supports the people.” To which a witty Scot reportedly replied, “...that is why in England you have such fine horses and in Scotland we have such fine men!”

Give the Scots a lot of credit for their cutting-edge stance on oats. Scientists now recognize the health benefits of soluble fiber which oats have in good measure. No matter how you slice (or roll) them, oats retain their nutritional value.

Groats, the oat grain with only the outer hull removed, requires soaking and prolonged cooking time. If you like the chewiness of groats but want less prep time, **steel-cut oats** are just the ticket, although they still take about 40 minutes to cook. **Rolled oats**, also called old-fashioned oats, are groats that have been steamed and rolled to substantially reduce cooking time. If five minutes is too long for your hurry-up mornings, **quick-cooking oats** are rolled thinner allowing them to cook up quickly. Then there's **instant oatmeal**, very thin, pre-cooked rolled oats. Not at all chewy, they provide a super-quick breakfast-in-a-pocket.

Here are some ways to have “instant” oats without investing in little packets:

- Combine oats, salt and water in the top of a double boiler. Cook directly over the heat until it begins to thicken, and then set it over simmering water to finish cooking.
- The night before, combine steel-cut oats, salt and water in a slow cooker; set the dial on low. The next morning, add your favorite toppings to the freshly cooked oats.
- Enjoy this recipe for baked oatmeal; then refrigerate leftovers (will keep for up to four days). Microwave and enjoy again.

Baked Oatmeal

Recipe tested by Jill Yarbrough and featured in University Housing Dining Services
Serves 6-8

- 2 ½ cups old-fashioned oats
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- 2 eggs
- 1 ¼ cups 2% milk
- ½ cup unsweetened applesauce
- ½ cup light brown sugar

Toppings in amounts desired:

- Vanilla yogurt
- Sliced almonds, granola
- Fruit — sliced strawberries, blueberries, mandarin oranges, bananas

Combine oats, baking powder and salt. In a separate bowl, mix eggs, milk, applesauce and sugar. Add dry ingredients while stirring. Pour into small rectangular or 9” square baking dish. Cook at 350°F for 20–25 minutes until golden brown and firm in the middle. Allow to cool slightly. Wash and cut fruit. Serve oatmeal warm with yogurt and toppings of your choice. Reheat leftovers in the microwave.

The Baked Oatmeal recipe will be served at Yakeley, Shaw, Wilson, Holmes, Hubbard, Case, Brody and The Gallery for breakfast on Wednesday, March 18. Once you try this delectable dish, you'll want to make it at home! Enjoy. Visit www.eatatstate.com for meal hours and complete menus.

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