



The Quaker Oats
**WHOLEGRAIN
COOKBOOK**

Table of Contents

	Page
Welcome to the Wholesomeness and Pleasure of a Wholegrain	3
Five Exciting New Ways to Use Wholegrain Oats	6
1. Wholegrain Oat Flour	8
2. Oats As a Thickener	9
3. Toasted Oats	10
4. Add-A-Crunch	11
5. Golden Oats	14
Breakfast	16
Soups, Salads and Accompaniments	23
Breads	30
Main Dishes	37
Desserts	46
Cookies and Snacks	54
Recipe Index	62

COVER PHOTO:

Pictured from left to right: Dip 'N Bake Chicken, Hearty Wholegrain Coffee Cake, Glamour Cheesecake, Savory Add-A-Crunch and Super Snack Crunch.



Welcome to the Wholesomeness and Pleasure of a Wholegrain

We would like this cookbook to be your introduction to the world of whole-grain foods and nutrition. In it you'll find delicious wholegrain oat recipes, of course. But you'll also learn about some exciting new ingredients and some different, more basic ways to cook.

What is a wholegrain?

A wholegrain is simply what its name describes . . . the grain is whole. Complete. It still contains its original bran, germ and endosperm. Nothing has been added to the grain, and nothing of consequence has been taken away. In a wholegrain, the flavor and nutrition that grew naturally are still there for you to eat and enjoy

Why are wholegrains important today?

When a grain is refined, many important nutrients and food factors are lost. Some of these nutrients and food factors are added back in processing, but it's difficult to recapture them all.

Old Fashioned or Quick Oats

They're both wholegrains. Quick Oats are "quick" because they're cut before rolling. Both contain the natural bran, germ and endosperm.

Inside every wholegrain oat

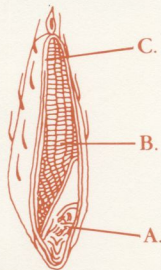
A. The Germ is a concentrated source of nutrients. This contains the embryo or seedling plant within the grain, and it's a source of vitamins, minerals and protein.

B. The Endosperm is the storehouse of protein and carbohydrate designed to feed a living, growing plant. It's a source of energy for everyone who eats a wholegrain oat.

C. The Bran is the outer covering of the grain that protects it from damage. It's also one of the best sources of fiber in nature.

Vitamins, Minerals and Other Good Things

Wholegrain oats contain 7 B vitamins and vitamin E. They also supply minerals—9 in all, iron, calcium, magnesium, sodium, potassium, phosphorus, copper, manganese and zinc.



Today many people are wondering if the nutrients and food factors we're losing may not be more important than we once believed. Take the food factor fiber, for example. For years it was considered unimportant and was discarded. Now we're learning that fiber may be a very important food factor, and it's being left in many foods.

Nobody knows for sure if other valuable nutrients are being lost when grains are highly processed. But when you use a wholegrain, you have the reassurance of knowing that no nutrients are discarded. Wholegrain oats contain 7 B vitamins and vitamin E. They also supply 9 minerals: iron, calcium, magnesium, sodium, potassium, phosphorus, copper, manganese and zinc. And wholegrain oats are cholesterol free!

For many people, wholegrains are a new way to eat. **Tasting** them is a new experience. Wholegrains look different. They have colors . . . textures you can see. Textures that **feel** different in your mouth. Their **smell** is sweet and full. Eating them is **satisfying**.

How to delight your kids with the tastes and textures of a wholegrain

Wholegrain foods, with their fuller tastes and heartier textures, make a wonderful alternative way for kids to eat. Foods made from wholegrain oats provide children with a whole range of delicious flavors and at the same time they make an important contribution to the good nutrition kids need. That's because wholegrains contain two very important parts of the natural grain that are refined away in most flours: the nourishing germ and the flavorful outer layer of bran.

Eating and cooking with wholegrain oats can be a learning experience, too. Show your children the different parts of the whole grain illustrated in the cross section on page 4. Make a game out of it. With a little imagination you can show your children that good nutrition can be both good tasting and lots of fun.



Recipes that feature this symbol are not only extra good tasting and wholesome, but each is simple enough for a child to make. Depending on the age and experience of the child, he or she can make it alone or with just a little help from you.

We're sure your kids will love our recipe for Honey Crunch Peanut Spread. It's easy to make. Try it on sandwiches or spread on celery, carrots, apples or pears. You'll find ways to please your whole family with the pleasures of simple foods made with wholegrain oats throughout this cookbook.

How to use the Wholegrain Cookbook

Wholegrain oats are exciting to use. They add texture and contrast to the foods you prepare. And they supply precious vitamins and minerals.

In developing this cookbook we created five new ways to use wholegrain oats. The following section explains each of the five concepts, giving suggestions for use and basic recipes. The concepts are used in recipes throughout the cookbook. Once you become familiar with the concepts, experiment and develop your own recipes and ideas.

For those who have microwave ovens we have included recipes with microwave cooking directions. These recipes including both conventional and microwave oven directions are indicated in the Recipe Index on page 62 and 63.



Five Exciting New Ways to Use Wholegrain Oats

1. Make your own wholegrain oat flour at home in your blender or food processor in 60 seconds.

This is a different flour from the all-purpose flour you're probably used to using. To learn how it's different and ways to use it, see page 8.

2. Use wholegrain oats or Ground Oat Flour to thicken soups, gravies, sauces, stews or puddings.

Substitute Ground Oat Flour directly for all-purpose flour as a thickener. Wholegrain oats can thicken liquids either as they cook or chill. See page 9.

3. Toasted Oats can add a delightful, slightly crunchy texture to many foods.

Use Toasted Oats as you would bread crumbs, unprocessed bran or wheat germ. Toasted Oats can be used in tuna salad to add texture. See page 10.

4. Make a wholegrain Add-A-Crunch topping and add crunchy good taste and texture to your favorite foods.

Turn ordinary recipes into something special and make your favorite foods taste better. Refrigerated dinner rolls take on a delicious nutty flavor and special texture when sprinkled with Add-A-Crunch, see page 11.

5. Make big, fluffy wholegrain Golden Oats to use just like rice.

You can serve Golden Oats as a side dish seasoned with herbs, your favorite vegetables, and even fruits or fruit juices. They're as fluffy as rice and higher in protein. The secret is shown on page 13.

Pictured from left to right: Taste Temptin' Tuna Salad, Ground Oat Flour, Golden Oats Medley, Chicken Broccoli Chowder and Favorite Fruit Salad.

Five Exciting New Ways to Use Wholegrain Oats

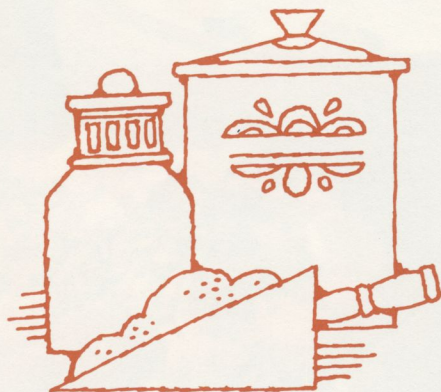


1. *Wholegrain* *Oat Flour*

Learn how to make your own wholegrain oat flour at home. None of the nutrients and food factors are processed out or discarded when you make it yourself. Read how it's different and how to use it.

For thousands of years, wholegrains and wholegrain flours formed the cornerstone of many diets. Then during the Middle Ages, royalty discovered refined white flour. Back then, no one suspected that important nutrients and food factors were being discarded. Refined white flour was accessible only to nobility.

In recent times, the discovery of modern high-pressure milling techniques has made refined white flour affordable and available to all. What was once a status symbol has become a way of life. But today growing numbers of people are turning back to wholegrain flours for the natural flavor and nourishment they provide.



How to make your own Ground Oat Flour

1. PLACE 1 to 1-1/2 cups Quaker Oats (Quick or Old Fashioned, uncooked) in blender or food processor.
2. BLEND or process for about 60 seconds.
Makes about 1 cup Ground Oat Flour.
3. STORE in tightly covered container in cool dry place up to six months.
4. USE for baking, breading, thickening or dredging and browning. When used in baking, substitute up to but not more than 1/3 of the all-purpose flour called for with oat flour.

Ground Oat Flour is different

Before you start, there are some special things about it you should know. Ground Oat Flour is different from the all-purpose flour you're probably used to using. Smell it. Wholegrain oat flour has a sweet aroma and a nutty fresh flavor.

Feel the texture. You can actually see the tiny pieces of germ and bran. Please don't sift, or you'll lose those important nutrients and food factors.

Baked goods made with Ground Oat Flour tend to be heartier, more tender, sometimes a little crumbly. Like oats, Ground Oat Flour is deeper in color than all-purpose flour to begin with, so don't be concerned if your wholegrain foods look a little different from the ones you're used to.

How to start using your own wholegrain flour

Ground Oat Flour is easy to use. Start by baking a deliciously moist wholegrain cake, as in Crowned Carrot Cake. Or use as a coating in Dip 'n Bake Chicken or Chops.

Ground Oat Flour and wholegrain oats can be used to thicken soups, gravies, sauces, stews and puddings. Ground Oat Flour can be substituted directly for all-purpose flour when thickening.

Because it is a wholegrain, Ground Oat Flour is not as highly refined as all-purpose flour. White sauces will tend to have a creamier color and not as smooth a texture. Gravies, cheese sauces, soups and stews will not look or taste very different but will be more nutritious.

One advantage of thickening with wholegrain oats or Ground Oat Flour rather than all-purpose flour is that you can use it in both cold or hot liquids. In recipes such as Muesli (Swiss Oatmeal) or Peanutty Pudding, the wholegrain oats thicken cold liquids as they chill several hours or overnight. When Ground Oat Flour is used to thicken hot liquids, such as in Hearty Cheese Sauce or Corn and Frank Chowder, it is a direct substitute for all-purpose flour.



2. Oats as a Thickener

3. *Toasted Oats* ❁

Toasted Oats can be used in place of bread crumbs, unprocessed bran or wheat germ, and in some cases you can substitute Toasted Oats for nuts.

Toasting gives wholegrain oats a rich light golden brown color, a nutty taste and a delightful, slightly crunchy texture. Add them to meat loaf mixtures; use for breadings; sprinkle small amounts over hot or cold cereals or tossed salads; or stir some into tuna or egg salad mixtures or cottage cheese.

When you substitute Toasted Oats, you get the protein, vitamins and minerals in the wholegrain oats for about the same calories as bread crumbs.

Toasted Oats are lower in calories than nuts. In some cases they can even be substituted for nuts, such as in no-bake cookie recipes or in drop cookie recipes. Experiment next time you're baking cookies and substitute Toasted Oats for a portion of the nuts or coconut. If you add 1/2 cup chopped pecans to a recipe, you add about 390 calories. One half cup coconut adds 240 calories. If you substitute 1/2 cup Toasted Oats, you add only about 140 calories. The cost is much lower, too!

How to make Toasted Oats

1. PLACE 1 to 2 cups Quaker Oats (Quick or Old Fashioned, uncooked) in ungreased 15-1/2x10-1/2-inch jelly roll pan or on equivalent size cookie sheet.
2. BAKE in preheated moderate oven (350°F) 15 to 20 minutes or until light golden brown.
3. COOL; store in tightly covered container in refrigerator up to 6 months.

Makes 1 to 2 cups Toasted Oats.

VARIATIONS:

For 2 to 3 cups Toasted Oats, increase baking time to 20 to 25 minutes.

To toast oats in quantity, divide contents of one 18-oz. tube between 2 ungreased 15-1/2x10-1/2-inch jelly roll pans; increase baking time to 25 to 30 minutes.

How to start using Toasted Oats

The recipe for Taste Temptin' Tuna Salad (pictured on page 22) is an unexpectedly good way to use Toasted Oats. Also, serve Snackin' Granola Bars (pictured on page 53) for snacks, dessert, or even as a breakfast bar.

Here's a wholegrain Add-A-Crunch topping which will add crunchy good taste to your favorite foods. Add-A-Crunch begins with three different and delicious flavors. The flavor possibilities and the uses for Add-A-Crunch are endless.

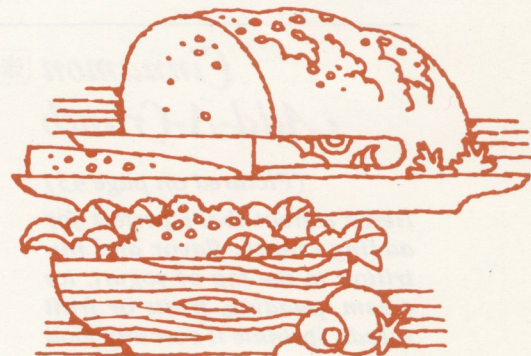
Turn ordinary recipes into something special and make even your favorite foods taste better. It's easy with Add-A-Crunch, our name for the three basic flavors of crunchy toppings made with wholegrain oats. Add-A-Crunch lets you be creative with just a toss of your wrist. It adds crunch, great taste and wholesome nutrition wherever you use it.

There's a basic Add-A-Crunch for every occasion. Use **Savory Add-A-Crunch** as you would croutons or bread crumbs over salads, soups or casseroles. **Cinnamon Add-A-Crunch** is a perfect topping for ice cream, yogurt or puddings. Sprinkle **Peanut Add-A-Crunch** over any dessert where you might normally use nuts. Use Add-A-Crunch with your own recipes or convenient store bought foods.

Make it ahead of time, store in the refrigerator, and have it available whenever you need it. All Add-A-Crunch recipes have great flavor, plus the protein, vitamins and minerals of wholegrain oats.

The ways to use Add-A-Crunch are as endless as your imagination. So go ahead ...experiment! Invent! Find out how good a wholegrain can be.

* 4. *Add-A-Crunch*



Savory Add-A-Crunch

(Pictured on cover and page 22)

This adds a flavorful toasty crunch wherever you use it. It's a creative and more nutritious substitute for croutons. Sprinkle over tossed green salads, soups, casseroles or vegetables.

2 cups Quaker Oats (Quick or Old Fashioned, uncooked)
1/2 cup butter or margarine, melted
1/3 cup grated Parmesan cheese

1/3 cup wheat germ, unprocessed bran
or chopped nuts, if desired
1/4 teaspoon onion or garlic salt

Combine all ingredients; mix well. Bake in ungreased 15-1/2x10-1/2-inch jelly roll pan in preheated moderate oven (350°F) 15 to 18 minutes or until light golden brown. Cool; store in tightly covered container in refrigerator up to 3 months. Sprinkle over tossed green salads, soups, casseroles or vegetables. Makes about 3 cups.

VARIATION: Add 1 teaspoon oregano leaves and 1/2 teaspoon thyme leaves to mixture before baking.

MICROWAVE OVEN DIRECTIONS: Cook in ungreased 11x7-inch baking dish in microwave oven at HIGH 8 to 9 minutes or until light golden brown, stirring after every 3 minutes of cooking. Cool.

Cinnamon Add-A-Crunch

(Pictured on page 45)

Here's a treat that's perfect for adding crunch, flavor and nutrition to the top of yogurt, ice cream, pudding, fruits or fruit salads. Sprinkle it over any food where you might normally use nuts.

1-1/4 cups Quaker Oats (Quick or Old Fashioned, uncooked)
1/3 cup firmly packed brown sugar
1/3 cup butter or margarine, melted

1/3 cup wheat germ, unprocessed bran
or chopped nuts, if desired
1/4 teaspoon cinnamon

Combine all ingredients; mix well. Cook in 10-inch skillet over medium heat, stirring constantly, 5 to 7 minutes or until golden brown. Spread onto ungreased cookie sheet to cool; store in tightly covered container in refrigerator up to 3 months. Serve as topping over fruit salad, fruit, yogurt, frozen yogurt, ice cream or pudding.

Makes about 2 cups.

1/3 cup butter or margarine
1/3 cup chunk style peanut butter

2-1/2 cups Quaker Oats (Quick or Old
Fashioned, uncooked)
1/3 cup firmly packed brown sugar

Melt together butter and peanut butter in medium-sized saucepan over low heat, stirring occasionally. Add oats and brown sugar; mix well. Bake in 15-1/2x10-1/2-inch jelly roll pan in preheated moderate oven (350°F) 15 to 18 minutes or until golden brown, stirring occasionally. Cool. Store in tightly covered container in refrigerator up to 3 months. Serve as topping over fruit salads, fruits, yogurt, frozen yogurt, ice cream or pudding. **Makes about 4 cups.**

MICROWAVE OVEN DIRECTIONS: Combine butter, peanut butter and brown sugar in glass bowl. Cook at HIGH about 1 minute; mix well. Stir in oats; mix well. Cook in ungreased 11x7-inch baking dish at HIGH 7 to 8 minutes or until golden brown, stirring after every 2 minutes of cooking.

Golden Oats are big, fluffy wholegrain oats to use just like rice.

Wholegrain oats for dinner? They're delicious! Every grain is firm and separate and naturally full of flavor. They're as fluffy as rice and **higher in protein**, too. We call them Golden Oats because of their rich delicate golden color.

You can serve Golden Oats as a side dish seasoned with herbs or combined with your favorite chopped vegetables. Fruit and juice varieties can be served at breakfast or brunch or with dinner entrees such as pork chops, chicken or fish. Or serve them plain under stews, in casseroles, or wherever you'd ordinarily use rice, pasta or potatoes.

* Peanut Add-A-Crunch

(Pictured on page 45)

This is a topping kids will love. It is so good you can even serve it as a snack. Layer it with ice cream, yogurt or pudding for parfaits. Top sundaes or use it on taffy apples. Sprinkle over any dessert where you might normally use nuts.

5. Golden Oats

Golden Oats are simple to make. Combine oats with a beaten egg, thoroughly coating the oats. Sauté this mixture until the oat flakes become dry and separated as the egg forms a protective seal around each flake. Then the liquid is added and the mixture is cooked and stirred until the moisture evaporates. The oats fluff up and separate becoming full, round and delicately golden brown. And, don't worry. You will not end up with scrambled eggs and oats.

Basic Golden Oats

This basic recipe is an easy introduction to a new and exciting way to serve wholegrain oats in place of rice, pasta or potatoes. Experiment with it, for example, substitute orange juice for water. Basic Golden Oats take on different flavors and can be served for breakfast, brunch or even dessert.

1-1/2 cups Quaker Oats (Quick or Old Fashioned, uncooked)
1 egg, beaten

3 tablespoons butter or margarine, melted
3/4 cup water or broth
1/4 teaspoon salt

Combine oats and egg in medium-sized bowl; mix until oats are thoroughly coated. Add oats mixture to butter in 10-inch skillet; cook over medium heat, stirring constantly, 3 to 5 minutes or until oats are dry, separated and lightly browned. Add water and salt; continue cooking, stirring occasionally, 2 to 3 minutes or until liquid evaporates. Serve in place of rice or pasta. Makes 4 servings.

VARIATION: Substitute orange juice for water.

Pictured from left to right: Scottish Oat Scones, Golden Granola, Portable Apple & Cheese Pleasers and Honey-Oatmeal Muffins.



Breakfast

Breakfast

Breakfast continues to be the most neglected meal of the day. With everyone rushing off at different times, it is important to find ways to provide a nutritious breakfast for everyone, and foods that will be fun and interesting, too!

The traditional breakfast of hot oatmeal is only one way to start the day with wholegrain nourishment. In this section you'll find recipe ideas for breakfast offering non-traditional, portable, and even make-ahead foods. Portable Apple and Cheese Pleasers include not only wholegrain oats but also cheese as another important source of protein, vitamins and minerals. You can make your own natural cereal with Golden Granola. Our Muesli (Swiss Oatmeal) recipe is made ahead, refrigerated overnight and served cold in the morning.

Your whole family will be pleased with the good flavor and variety of foods made with wholegrain goodness.

Cinnamon Apple Golden Oats

This sweet and fruity version of Golden Oats is a great addition to a Sunday morning brunch. It is versatile enough to go with baked ham, pork chops or fried chicken. Topped with yogurt, whipped or sweet cream, it makes a distinctive dessert.

1 cup coarsely chopped apple
3 tablespoons butter or margarine
1-1/2 cups Quick Quaker Oats, uncooked
1 egg, beaten

1/2 cup water
3 tablespoons firmly packed brown sugar
1 teaspoon cinnamon
1/4 teaspoon salt

Sauté apples in butter in 10 to 12-inch skillet. Combine oats and egg in medium-sized bowl; mix until oats are thoroughly coated. Add oats mixture to apples. Cook over medium heat, stirring constantly, 3 to 5 minutes or until oats are dry, separated and lightly browned. Add remaining ingredients; continue cooking, stirring occasionally, 2 to 3 minutes or until liquid evaporates. Serve at breakfast, brunch or with baked ham, pork or chicken.

Makes about 2 cups.

VARIATION: Substitute Old Fashioned Quaker Oats for Quick Oats, increasing water to 3/4 cup and decreasing brown sugar to 2 tablespoons.

3 cups Quaker Oats (Quick or Old
Fashioned, uncooked)
1 cup shredded or flaked coconut
1 cup coarsely chopped nuts
1/4 cup honey

1/4 cup butter or margarine, melted
1-1/2 teaspoons cinnamon
1/2 teaspoon salt
2/3 cup raisins

* Golden Granola

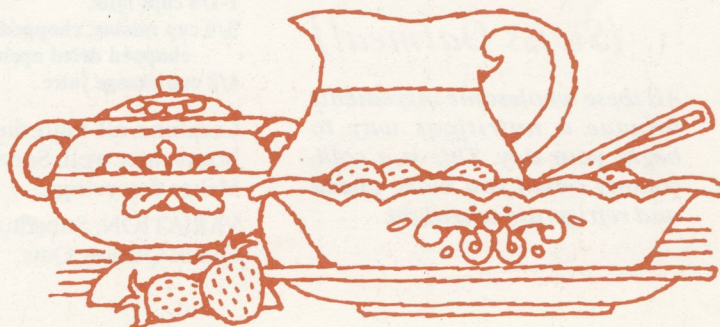
(Pictured on page 15)

Combine all ingredients except raisins in ungreased 13x9-inch baking pan; mix well. Bake in preheated moderate oven (350°F) 25 to 30 minutes or until golden brown, stirring occasionally; stir in raisins. Cool thoroughly; store in tightly covered container in cool dry place or in refrigerator. Serve as cereal with milk or as a snack.

Makes about 6 cups granola.

MICROWAVE OVEN DIRECTIONS: Combine all ingredients except raisins; mix well. Cook in ungreased 11x7-inch baking dish in microwave oven at HIGH 8 to 10 minutes or until light golden brown, stirring after every 2 minutes of cooking; stir in raisins.

Here's your chance to make your own "natural" cereal and with just those ingredients you like. Only 1/4 cup of honey is called for and yet the taste is sweet enough. Serve it cold with milk or as a snack.



Cinnamon Raisin Oatmeal for Two

This is dressed-up oatmeal with a creamy texture and terrific taste yet easy to prepare—the perfect size for two.

1-1/2 cups water
2/3 cup Quaker Oats (Quick or Old
Fashioned, uncooked)
2 tablespoons firmly packed brown sugar

2 tablespoons chopped nuts
2 tablespoons raisins or chopped dates
1/4 teaspoon salt
1/8 teaspoon cinnamon

Combine all ingredients in 1-qt. saucepan; mix well. Bring to a boil. *Cook Quick Oats* about 1 minute; *cook Old Fashioned Oats* about 5 minutes, stirring occasionally. Cover; remove from heat. Let stand 2 to 3 minutes before serving. Serve with milk or cream, as desired.

Makes 2 servings.

MICROWAVE OVEN DIRECTIONS: Decrease water to 1-1/4 cups. Combine all ingredients in 1-1/2-qt. glass bowl; mix well. *Cook Quick Oats* in microwave oven at HIGH about 3 minutes; *cook Old Fashioned Oats* about 4 minutes or until thickened, stirring after every minute of cooking. Cover; let stand 2 to 3 minutes before serving.

Muesli {Swiss Oatmeal}

All these wholesome ingredients provide a nutritious way to begin your day. This is a cold, creamy cereal you make ahead and refrigerate overnight.

2 cups Quick Quaker Oats, uncooked
1-1/4 cups milk
3/4 cup raisins, chopped prunes or
chopped dried apricots
1/2 cup orange juice

1/3 cup wheat germ, unprocessed
bran or chopped nuts
1/4 cup honey
1/4 teaspoon salt

Combine all ingredients; mix well. Cover; refrigerate overnight or at least 8 hours. Mix well. Serve with brown sugar and milk or cream, as desired. Makes 6 servings.

VARIATION: Substitute 2-1/4 cups Old Fashioned Quaker Oats, uncooked for Quick Quaker Oats.

2/3 cup butter or margarine
 2/3 cup sugar
 1 egg
 1 teaspoon vanilla
 3/4 cup all-purpose flour
 1/2 teaspoon soda

1/2 teaspoon salt
 1-1/2 cups Quaker Oats (Quick or Old
 Fashioned, uncooked)
 1 cup (4 oz.) shredded Cheddar cheese
 1/2 cup wheat germ or finely chopped nuts
 6 crisply cooked bacon slices, crumbled

Beat together butter, sugar, egg and vanilla until well blended. Add combined flour, soda and salt; mix well. Stir in oats, cheese, wheat germ and bacon. Drop by rounded tablespoonfuls onto greased cookie sheet; bake in preheated moderate oven (350°F) 12 to 14 minutes or until edges are golden brown. Cool 1 minute on cookie sheet; remove to wire cooling rack. Store in loosely covered container in refrigerator or at room temperature. Makes about 3 dozen cookies.

2/3 cup milk
 1/3 cup vegetable oil
 1 egg, beaten
 1/4 cup honey
 1-1/2 cups Quaker Oats (Quick or Old
 Fashioned, uncooked)

1 cup all-purpose flour
 1/2 cup raisins
 1/2 cup chopped nuts
 1/3 cup firmly packed brown sugar
 1 tablespoon baking powder
 3/4 teaspoon salt

Add milk, oil, egg and honey to combined remaining ingredients, mixing just until dry ingredients are moistened. Fill 12 greased or paper-lined medium-sized muffin cups 2/3 full. Bake in preheated hot oven (400°F) 15 to 18 minutes or until golden brown.
 Makes 1 dozen muffins.

* Breakfast Take Alongs

These crisp cookies are made with bacon and cheese, so they're extra high in protein and good nutrition. Three of these breakfast cookies provide about 11% of the U.S. RDA of protein. And they're delicious with milk!

Honey-Oatmeal Muffins

(Pictured on page 15)

A basic oat muffin sweetened lightly with honey and flavored with raisins and chopped nuts. They're great for breakfast and can be frozen and reheated quickly in the conventional or microwave oven.

Portable Apple & Cheese Pleasers

(Pictured on page 15)

Children will love these high-protein breakfast cookies. Notice that only 1/3 cup of brown sugar is needed.

3/4 cup all-purpose flour
2/3 cup butter or margarine, softened
1/3 cup firmly packed brown sugar
1 egg
1 teaspoon vanilla
1/2 teaspoon cinnamon
1/2 teaspoon baking powder

1/2 teaspoon salt
1-1/2 cups Quaker Oats (Quick or Old Fashioned, uncooked)
1 cup (4 oz.) shredded Cheddar cheese
3/4 cup raisins
1 cup chopped apple

Combine flour, butter, sugar, egg, vanilla, cinnamon, baking powder and salt in large bowl; mix well. Add oats, cheese and raisins; mix well. Stir in apple. Drop by heaping tablespoonfuls onto ungreased cookie sheet; bake in preheated moderate oven (375°F) 15 minutes or until golden brown. Store in tightly covered container in refrigerator or in loosely covered container at room temperature.

Makes about 2 dozen cookies.

Scottish Oat Scones

(Pictured on page 15)

This traditional British biscuit favorite for tea—served with sweet butter and jams or preserves—makes a delicious surprise for breakfast, brunch or get-togethers.

2/3 cup butter or margarine, melted
1/3 cup milk
1 egg
1-1/2 cups all-purpose flour
1-1/4 cups Quick Quaker Oats, uncooked

1/4 cup sugar
1 tablespoon baking powder
1 teaspoon cream of tartar
1/2 teaspoon salt
1/2 cup raisins or currants

Add butter, milk and egg to combined dry ingredients; mix just until dry ingredients are moistened. Stir in raisins. Shape dough to form ball; pat out on lightly floured surface to form 8-inch circle. Cut into 8 to 12 wedges; bake on greased cookie sheet in preheated hot oven (425°F) 12 to 15 minutes or until light golden brown. Serve warm at breakfast or brunch with butter, preserves or honey, as desired.

Makes 8 to 12 scones.

VARIATION: Substitute 1-1/2 cups Old Fashioned Quaker Oats for Quick Oats.

SERVINGS	1	2	4	6
For Quick Quaker Oats:				
Very Hot Tap Water	2/3 cup	1-1/4 cups	2-1/2 cups	3-3/4 cups
Water Cooking Time	2 to 3 min.	3 to 4 min.	5 to 6 min.	8 to 9 min.
Quick Quaker Oats	1/3 cup	2/3 cup	1-1/3 cups	2 cups
Salt	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon
For Old Fashioned Quaker Oats:				
Very Hot Tap Water	1 cup	1-1/2 cups	2-3/4 cups	4 cups
Water Cooking Time	3 to 4 min.	4 to 5 min.	6 to 7 min.	10 to 11 min.
Old Fashioned Quaker Oats	1/3 cup	2/3 cup	1-1/3 cups	2 cups
Salt	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon

1. COOK water in loosely covered glass bowl at HIGH according to water cooking time on chart.
2. ADD oats and salt; mix well. For Quick Oats, cook **uncovered** at HIGH 30 to 45 seconds. For Old Fashioned Oats, cook **uncovered** at HIGH 3-1/2 to 4 minutes. Mix well.
3. COVER; let stand 2 to 4 minutes or until desired consistency. Stir and serve.

* Microwave Oatmeal

Microwave Oatmeal works like magic! Ingredients are conveniently combined, cooked and can be served from the same bowl. The oatmeal continues to cook after removal from the microwave oven. Let it stand several minutes, covered, before stirring and serving this hot creamy delight to those early morning risers!

Soups, Salads and Accompaniments



You can do things with wholegrain oats that you probably never dreamed of. Use Toasted Oats in Taste Temptin' Tuna Salad and see how they add a new, nutty taste to an old favorite. Or next time you make a green bean casserole, try our Savory Bean Casserole for a change. The children are sure to love the hot dog and corn combination in the Corn and Frank Chowder. It's easy to add nutrition to a wide range of popular foods.

2 cups carrot slices

2 cups water

1-1/2 cups chopped cooked chicken

**One 10-3/4-oz. can condensed chicken
broth**

One 10-oz. pkg. frozen chopped broccoli

1/2 cup chopped onion

1 teaspoon salt

1/2 cup Ground Oat Flour (pg. 8)

2 cups milk

**1-1/2 cups (6 oz.) cubed natural Swiss
cheese**

Savory Add-A-Crunch (pg. 12), if desired

Combine carrot, water, chicken, broth, broccoli, onion and salt in 4-qt. saucepan or Dutch oven. Bring to a boil over medium-high heat; reduce heat. Cover; simmer about 10 minutes. Bring to a full rolling boil; gradually add oat flour, stirring constantly. Stir in milk. Simmer, stirring occasionally, about 10 minutes. Remove from heat; stir in cheese. Cover; let stand 3 to 5 minutes before serving. Sprinkle with Savory Add-A-Crunch to serve.

Makes about four 1-1/2 cup servings.

VARIATION: Substitute ham for chicken and one 10-oz. pkg. frozen chopped spinach for broccoli; omit salt.

NOTE: Additional milk may be added if soup becomes too thick upon standing.

Pictured from left to right: Savory Salad, Hearty Cheese Sauce, Corn and Frank Chowder and Taste Temptin' Tuna Salad.

Soups, Salads & Accompaniments

Chicken Broccoli Chowder

(Pictured on page 7)

This easy-to-prepare chowder uses Ground Oat Flour to thicken. The cheese chunks stirred in just before serving contribute to its delightful consistency. A great idea for cold weather entertaining.

Corn and Frank Chowder

(Pictured on page 22)

The whole family will enjoy this hearty, nutritious chowder. It includes two favorite foods of children—hot dogs and corn.

1 cup celery slices
1/4 cup butter or margarine
1/4 cup Ground Oat Flour (pg. 8)
2 cups milk

3 to 4 frankfurters, sliced
One 8-oz. can whole kernel corn
2 teaspoons prepared mustard
1 cup (4 oz.) shredded Cheddar cheese

Sauté celery in butter in medium-sized saucepan. Blend in oat flour. Gradually add milk; continue cooking over medium heat, stirring constantly, until thickened. Reduce heat; add meat, corn and mustard. Continue cooking over low heat about 5 minutes. Remove from heat; add cheese, mixing until well blended. Makes about four 1-cup servings.

Hearty Cheese Sauce

(Pictured on page 22)

Ground Oat Flour can be substituted for all-purpose flour when thickening sauces. This nutritious cheese sauce has a rich texture and a full taste.

1/4 cup green onion slices
2 tablespoons butter or margarine
2 tablespoons Ground Oat Flour (pg. 8)

1 cup milk
1 cup (4 oz.) shredded Cheddar cheese

Sauté green onion in butter. Blend in oat flour. Gradually add milk; continue cooking over medium heat, stirring constantly until thickened. Add cheese; stir until cheese is melted. Serve over vegetables, rice dishes, fish or meat loaf. Makes 1-1/4 cups sauce.

VARIATIONS:

Substitute 1/4 cup chopped onion for green onion.

Add 1/4 teaspoon oregano or basil leaves or prepared mustard.

Add 2 tablespoons grated Parmesan cheese.

MICROWAVE OVEN DIRECTIONS: Cook onion and butter in medium-sized bowl in microwave oven at HIGH about 1 minute. Blend in oat flour; gradually add milk, mixing well. Continue cooking in microwave oven at HIGH about 4 minutes or until thickened, stirring after 2 minutes of cooking. Add cheese; stir until cheese is melted.

1/2 cup chopped green pepper or
1/4 cup green onion slices
3 tablespoons butter or margarine,
melted

1-1/2 cups Quaker Oats (Quick or Old
Fashioned, uncooked)
1 egg, beaten
3/4 cup chicken or beef broth
1/4 teaspoon salt

Sauté green pepper in butter in 10 to 12-inch skillet. Combine oats and egg in medium-sized bowl; mix until oats are thoroughly coated. Add oats mixture to green pepper mixture; cook over medium heat, stirring constantly, 3 to 5 minutes or until oats are dry, separated and lightly browned. Add broth and salt; continue cooking, stirring occasionally, 2 to 3 minutes or until liquid evaporates. Serve in place of rice or pasta.

Makes 4 servings.

RECIPE VARIATIONS:

For Golden Oats Provençal, add 1 medium-sized tomato, chopped.

For Golden Oats Lorraine, add 2 crisply cooked bacon slices, crumbled.

For Golden Oats Oriental, substitute 2/3 cup water and 2 tablespoons soy sauce for broth; add one 8-oz. can water chestnuts, drained, sliced, if desired.

For Golden Oats Pilaf, substitute 3/4 cup mushroom slices and 2 tablespoons chopped green onion or chives for green pepper.

For Golden Oats Florentine, substitute 1 cup chopped fresh spinach or broccoli for green pepper.

For Golden Oats Roma, substitute 1 cup thinly sliced zucchini and 1 clove garlic, minced for green pepper.

Golden Oats Medley

(Pictured on page 7)

This basic medley is just the beginning of many variations for Golden Oats. By changing the liquid, spice or vegetable, you can create your own. Experiment and discover the great versatility of Golden Oats.

Savory Bean Casserole

This is an interesting variation of an old favorite recipe—the green bean casserole. Savory Add-A-Crunch adds a great taste and texture to the top, in addition to being more nutritious than the usual canned onion ring topping.

Two 10-oz. pkg. frozen French style or cut green beans, thawed, drained
One 10-3/4-oz. can condensed cream of mushroom soup

1/4 cup mayonnaise
1/8 teaspoon salt
Dash of pepper
1 cup Savory Add-A-Crunch (pg. 12)

Combine all ingredients except Add-A-Crunch in shallow 1-1/2-qt. casserole; mix well. Sprinkle Add-A-Crunch over bean mixture. Bake in preheated moderate oven (375°F) 30 to 35 minutes or until topping is golden brown.
Makes 6 to 8 servings.

VARIATIONS: Substitute cream of celery, cream of chicken or Cheddar cheese soup for cream of mushroom soup.

Substitute two 10-oz. pkg. frozen chopped broccoli, two 16-oz. cans French-style or cut green beans, drained for frozen beans.

Favorite Fruit Salad

(Pictured on page 7)

Cinnamon Add-A-Crunch makes a marvelous, wholesome addition to any fruit salad. It adds a subtle sweetness and spicy flavor to any food you might ordinarily top with nuts.

One 8-1/2-oz. can pineapple chunks
1 medium-sized banana, sliced
2 cups strawberry halves

1 cup seedless grapes, grape halves or melon balls
One 11-oz. can mandarin orange segments, drained
1 cup Cinnamon Add-A-Crunch (pg. 12)

Drain pineapple, reserving 1/4 cup liquid. Toss banana in reserved liquid; drain. Combine with fruits; chill. Sprinkle with Add-A-Crunch to serve.
Makes about 6 servings.

1-1/2 to 2 qt. torn spinach
2 cups fresh mushroom slices
1 cup red onion rings

1 cup carrot slices
1/2 cup Savory Add-A-Crunch (pg. 12)

Combine all ingredients except Add-A-Crunch in large bowl; toss lightly. Sprinkle with Add-A-Crunch and serve with your favorite dressing. Makes 6 to 8 servings.

3/4 cup Toasted Oats (pg. 10)
One 7-oz. can tuna, drained, flaked
1/2 cup celery slices
1/2 cup mayonnaise or salad dressing

1/4 cup milk
3 tablespoons chopped onion or green
onion slices
2 tablespoons sweet pickle relish

Combine all ingredients, mixing well; chill. Add additional mayonnaise before serving, if desired. Serve as a salad on lettuce or tomato or as sandwich filling, as desired.

RECIPE VARIATIONS: For Wholegrain Egg Salad, substitute 4 chopped, hard-cooked eggs for tuna.

For Wholegrain Meat Salad, substitute 1 cup chopped or ground cooked ham, chicken, pork, turkey, beef or corned beef for tuna.

For Wholegrain Salmon or Shrimp Salad, substitute one 7-oz. can salmon, drained, flaked, or shrimp, chopped for tuna.

For Taste Temptin' Tuna Dip, substitute one 8-oz. carton plain yogurt or sour cream for mayonnaise; serve with assorted raw vegetables.

Savory Salad

(Pictured on page 22)

Tossed green salads come alive with Savory Add-A-Crunch—adding a delightful flavor, a delicate crunch and a dividend in nutritional value.

❖ Taste Temptin' Tuna Salad

(Pictured on pages 7 and 22)

Toasted Oats can add a new, nutty taste to most cold salads you make. Besides tuna, there's chicken, salmon and egg salad. For entertaining family or friends, try Taste Temptin' Tuna Dip. All variations are unexpectedly delicious ways to include wholegrain oats in their diet.

Golden Oats with Herbs

If you haven't already read about the Golden Oats concept, please refer to page 13.

This recipe makes a flavorful side dish, either seasoned just with herbs or combined with vegetables. Serve wherever you would ordinarily use rice, pasta or potatoes.

1-1/2 cups Quaker Oats (Quick or Old Fashioned, uncooked)

1 egg, beaten

3 tablespoons butter or margarine, melted

3/4 cup chicken or beef broth
2 tablespoons dried parsley flakes

1/2 teaspoon oregano leaves

1/2 teaspoon basil leaves

1/4 teaspoon salt

Combine oats and egg in medium-sized bowl; mix until oats are thoroughly coated. Add oats mixture to butter in 10 to 12-inch skillet. Cook over medium heat, stirring constantly, 3 to 5 minutes or until oats are dry, separated and lightly browned. Add remaining ingredients; continue cooking, stirring occasionally, 2 to 3 minutes or until liquid evaporates. Serve in place of rice or pasta.

Makes 4 servings.

VARIATIONS: Sauté 1/2 to 1 cup mushroom, zucchini or green onion slices or chopped green pepper, spinach, broccoli or tomatoes in butter in 10 to 12-inch skillet. Add oats and egg mixture.

Pictured from left to right: Hint of Honey Loaves, Raisin Bran Bread, Hearty Wholegrain Coffee Cake and Add-A-Crunch Crescent Dinner Rolls.

Breads



Breads

There are few things as sensual and satisfying as catching the scent of muffins in the oven, or watching butter melt on a warm slice of homemade bread. Perhaps baking is so satisfying because it's so fundamental. When you make your own breads and muffins, you know what's in them. When you make them with wholegrain oats or Ground Oat Flour, you know that they contain more fiber and more protein than the same foods made entirely with refined white flour.

To bake with a wholegrain is to create foods with a richness of tastes and textures. Foods made with wholegrains are darker than foods made with all-purpose flour because they're unbleached, and they have visible flecks of bran and germ. As a result your baked goods will be a little darker in color and heartier in texture.

Wholegrain oat flour is different from all-purpose flour, in that it is lower in gluten. Gluten makes dough elastic, keeping the end product from crumbling apart. Low-gluten Ground Oat Flour produces a lower rise and must be mixed with high-gluten all-purpose flour to form a cohesive batter or dough for quick or yeast breads.

Wholegrain oats produce more moist products with a full, almost nutty flavor and add a tender, chewy texture. Oats are used in place of some of the all-purpose flour in the Hint of Honey Loaves, the Wholegrain Batter Bread and the Raisin Bran Bread.

Rule for substituting Ground Oat Flour and oats in your recipes

You can substitute up to but no more than 1/3 of the all-purpose flour called for with either oats or Ground Oat Flour.

One 8-oz. pkg. refrigerated crescent
dinner rolls

2 to 3 tablespoons butter or margarine,
melted

2/3 cup Savory Add-A-Crunch (pg. 12)

Separate crescent dough into triangles. Brush 1 side of each triangle with butter; sprinkle with about 1 tablespoon Add-A-Crunch. Roll up crescents. Brush tops with butter; sprinkle each with about 1 teaspoon Add-A-Crunch. Bake according to crescent dinner roll package directions; serve warm.

Makes 8 rolls.



Add-A-Crunch Crescent Dinner Rolls

(Pictured on page 29)

Savory Add-A-Crunch enhances the appearance and adds toasty crunch and texture to refrigerated rolls.

2 pkg. active dry yeast
1/2 cup warm water
2-1/4 cups milk, scalded
1/4 cup vegetable shortening
1/3 cup honey

2-1/2 teaspoons salt
6 to 6-1/2 cups all-purpose flour
2 cups Quaker Oats (Quick or Old
Fashioned, uncooked)

Dissolve yeast in water. Pour milk over shortening, honey and salt; cool to lukewarm. Stir in 2 cups flour. Add dissolved yeast and oats; mix well. Stir in enough additional flour to make soft dough. Turn out onto lightly floured surface; knead 8 to 10 minutes or until smooth and elastic. Shape to form ball. Place in greased large bowl, turning once to coat surface of dough. Cover; let rise in warm place about 1 hour or until double in size. Punch dough down. Cover; let rest 10 minutes. Divide dough in half; roll out each half to form 15x9-inch rectangle. Roll up starting with narrow end; press together ends and seam to seal. Place in 2 greased 9x5-inch loaf pans. Brush lightly with melted butter, if desired. Cover; let rise about 45 minutes or until nearly double in size. Bake in preheated moderate oven (375°F) about 45 minutes. Remove from pans; cool on wire rack. Makes 2 loaves.

Hint of Honey Loaves

(Pictured on page 29)

This basic yeast bread combines the nutrition of wholegrain oats and the sweet taste of honey.

Create-A- Wholegrain Muffin

Create-a-muffin using our suggestions, and then create your own! Add leftover cooked corn for a dinner muffin. Or substitute chocolate milk for whole milk for a flavor twist.



3/4 cup milk
3/4 cup bran cereal
1 egg
1/4 cup vegetable oil
1/4 cup molasses or honey
1/4 cup firmly packed brown sugar

1 cup Quaker Oats (Quick or Old Fashioned, uncooked)
2/3 cup all-purpose flour
1 tablespoon baking powder
1/4 teaspoon salt, if desired

Combine milk and bran cereal in medium-sized bowl. Add egg, oil, molasses and brown sugar; mix well. Add combined remaining ingredients, mixing just until dry ingredients are moistened. Fill 12 greased or paper-lined medium-sized muffin cups 2/3 full. Bake in preheated hot oven (400°F) about 15 minutes.

Makes 1 dozen muffins.

VARIATIONS:

Substitute 3/4 cup unprocessed bran for bran cereal.

Substitute 1/4 cup light or dark corn syrup for molasses.

Add 1/2 cup raisins, blueberries, chopped dates, apple or nuts.

Sprinkle batter in muffin cups with Cinnamon or Peanut

Add-A-Crunch (pg. 12, 13).

MICROWAVE OVEN DIRECTIONS: Increase vegetable oil to 1/3 cup. Fill 18 to 20 paper muffin cups 1/2 full; place 6 to 7 filled muffin cups in microwave muffin dish. Cook in microwave oven at HIGH about 1 minute and 45 seconds or until wooden pick inserted in center comes out clean, rotating 1/4 turn after 1 minute of cooking; immediately remove muffins from dish. Repeat with remaining filled muffin cups.

Makes 18 to 20 muffins.

CRUNCH TOPPING:

1/3 cup Quaker Oats (Quick or Old
Fashioned, uncooked)

1/4 cup firmly packed brown sugar

1 tablespoon butter or margarine, melted

BREAD:

2-1/4 cups all-purpose flour

3/4 cup Quaker Oats (Quick or Old
Fashioned, uncooked)

3/4 cup firmly packed brown sugar

1/3 cup unprocessed bran or 100% bran
cereal

4 teaspoons baking powder

1-1/2 teaspoons cinnamon

1 teaspoon salt

1-1/4 cups milk

2 eggs

1/2 cup vegetable oil

1 to 1-1/2 cups raisins

For crunch topping, combine all ingredients, mixing until crumbly.

For bread, grease bottom only of 9x5-inch loaf pan. Combine dry ingredients; add combined milk, eggs and oil, mixing just until dry ingredients are moistened. Stir in raisins; spoon into prepared pan. Sprinkle crunch topping over batter; bake in preheated slow oven (325°F) about 1 hour and 15 to 20 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely on wire rack. Slice to serve when thoroughly cooled.

Makes 1 loaf.

VARIATION: Omit Crunch Topping, if desired.

Raisin Bran Bread

(Pictured on page 29)

A nutritious quick bread which has a hearty wholegrain flavor similar to an old favorite—raisin and bran muffins. To freeze and serve quickly for breakfast, slice loaf, wrap securely and freeze. Then, for a convenient hot breakfast treat, remove single frozen slice and toast. Spread with butter, cream cheese or peanut butter.

Wholegrain Batter Bread

For a yeast bread which requires no kneading, try our batter bread. Batter breads look a little different from kneaded yeast breads—they have a more textured top crust and coarser interior texture, yet are as tender, moist and tasty as kneaded yeast breads.

1-1/2 cups boiling water
1/2 cup butter or margarine
1/3 cup sugar
2 teaspoons salt
2 pkg. active dry yeast
1 cup warm water

2 cups Quaker Oats (Quick or Old Fashioned, uncooked)
5-1/2 to 6-1/2 cups all-purpose flour
2 eggs
1 cup chopped walnuts

Combine boiling water, butter, sugar and salt in large bowl, stirring until butter melts; cool to lukewarm. Dissolve yeast in warm water. Stir dissolved yeast, oats, 2 cups flour, eggs and nuts into lukewarm water mixture; mix well. Stir in enough remaining flour to make stiff batter. Place in greased large bowl. Cover; let rise in warm place about 1 to 1-1/2 hours or until double in size. Spoon batter into 2 well greased 9x5-inch loaf pans. Let rise uncovered in warm place 30 to 45 minutes or until nearly double in size. Bake in preheated moderate oven (375°F) 30 to 35 minutes or until golden brown. Remove from pans; cool at least 1 hour before slicing.

Makes 2 loaves.



COFFEE CAKE:**2 cups all-purpose biscuit mix****2/3 cup milk****1/2 cup Quaker Oats (Quick or Old
Fashioned, uncooked)****1 egg****2 tablespoons firmly packed brown sugar****1/2 teaspoon cinnamon**

For coffee cake, combine all ingredients; mix just until dry ingredients are moistened.

For topping, combine all ingredients; mix well. Spread half of batter into greased 8-inch square baking dish; sprinkle half of topping over batter. Top with remaining batter and topping. Bake in preheated moderate oven (375°F) 35 to 40 minutes or until wooden pick inserted in center comes out clean; serve warm.

Makes 8-inch square cake.

MICROWAVE OVEN DIRECTIONS: Cook in microwave oven at HIGH 6 to 7 minutes or until wooden pick inserted in center comes out clean, rotating 1/4 turn after 3 minutes of cooking.

TOPPING:**2/3 cup Quaker Oats (Quick or Old
Fashioned, uncooked)****2/3 cup firmly packed brown sugar****1/2 cup chopped nuts****1/4 cup butter or margarine, melted****1/2 teaspoon cinnamon**

Hearty Wholegrain Coffee Cake

(Pictured on cover and page 29)

This coffee cake combines the nutrition and flavor of whole-grain oats with the convenience of all-purpose biscuit mix.

Main Dishes



The ways you can use wholegrain oats in main dishes are limitless. You'll find several recipes here for new entree ideas. Once you see how easy it is to add wholegrain nutrition to foods, you'll want to use them in your own recipes.

Meat loaf and burgers are made better by the addition of oats: they add valuable protein, vitamins and minerals and keep ground meat dishes moist and tender. Several ground beef recipes are included to show you how versatile and valuable wholegrain oats are. If you like to coat and bake chicken or chops, try one of the two wholegrain coating recipes. The coating becomes crisp and brown in the oven, while serving to hold the juices in as the food bakes.

1-1/2 lb. ground beef
 3/4 cup Quaker Oats (Quick or Old
 Fashioned, uncooked)
 1/2 cup chopped onion or green pepper
 1/3 cup catsup, tomato sauce, beer,
 burgundy wine or milk

1 egg
 1 teaspoon salt or seasoned salt
 1/8 teaspoon pepper

Combine all ingredients; mix well. Shape to form six 3-1/2-inch patties. Cook in broiler or over ash-covered coals about 5 inches from heat 5 to 6 minutes per side or until desired doneness. Serve on hamburger buns, if desired.

Makes 6 servings.

MICROWAVE OVEN DIRECTIONS: Preheat microwave browning grill in microwave oven at HIGH about 8 minutes. Place patties on grill; cook in microwave oven at HIGH about 3 minutes per side or until desired doneness.

Pictured from left to right: Mexicali Meat Loaves, Add-A-Crunch Baked Chicken or Chops and Italian Meat Pie.

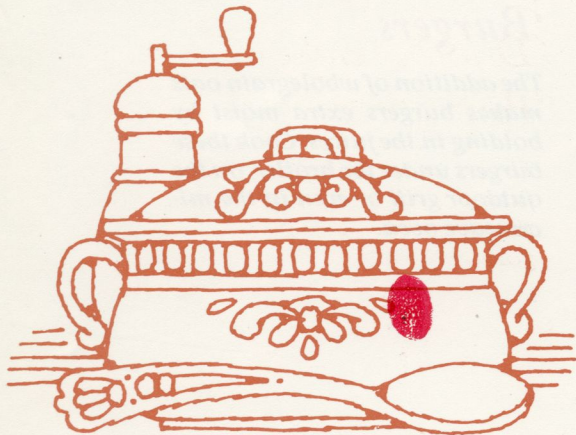
Main Dishes

* Juicy Beef Burgers

The addition of wholegrain oats makes burgers extra moist by holding in the juices. Cook these burgers under the broiler, on the outdoor grill or even in the microwave oven.

Saucy Meatballs

These spicy, moist meatballs are hearty enough to serve alone with vegetables and salad or can be taken to the table in tradition—served over pasta. And they're especially quick and convenient prepared in the microwave oven.



MEATBALLS:

- 1-1/2 lb. ground beef
- 3/4 cup Quaker Oats (Quick or Old Fashioned, uncooked)
- 1/2 cup chopped green onion or green pepper
- 1/3 cup tomato sauce, catsup, milk or burgundy wine
- 1 egg
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons vegetable oil

For meatballs, combine all ingredients except oil; mix well. Shape to form 16 meatballs. Brown in oil in large skillet; drain.

For sauce, combine all ingredients; mix well. Pour over meatballs in skillet. Cover; simmer about 30 minutes. Serve with salad and French bread or bread sticks, as desired.

Makes 6 to 8 servings.

MICROWAVE OVEN DIRECTIONS: Reduce liquid in meat mixture to 1/4 cup; mix and shape as recipe directs. Place in ungreased 11x7-inch baking dish; cover with wax paper. Cook in microwave oven at HIGH about 6 minutes, rotating dish 1/4 turn after 3 minutes of cooking; drain. Pour combined sauce ingredients over meatballs; cover with wax paper. Continue cooking in microwave oven about 3 minutes or until meatballs are desired doneness.

SAUCE:

- One 8-oz. can tomato sauce
- One 6-oz. can tomato paste
- 1/4 cup water
- 1/4 cup broth, water or burgundy wine
- 1-1/2 teaspoons oregano leaves, crushed
- 1/4 teaspoon salt

One 2-1/2 to 3-lb. broiler-fryer, cut up
 1-1/2 cups Ground Oat Flour (pg. 8)
 3/4 cup grated Parmesan cheese
 1/2 teaspoon paprika or sage
 1/2 teaspoon salt

1/4 teaspoon pepper
 1/3 cup milk
 1 egg
 1/4 cup butter or margarine, melted

Coat chicken with combined dry ingredients; dip into combined milk and egg. Coat again with dry ingredients. Place in foil-lined large shallow baking pan; drizzle butter over chicken. Bake in preheated hot oven (400°F.) 45 to 50 minutes or until tender and golden brown.
 Makes 4 servings.

Dip 'N Bake Chicken

(Pictured on cover)

It's as easy as its name sounds, and just as delicious. Paprika makes a very different chicken from sage, but either way it's something special.

6 pork chops, cut 1/2 to 3/4-inch thick
 1-1/2 cups Ground Oat Flour (pg. 8)
 3/4 cup grated Parmesan cheese
 1/2 teaspoon marjoram or thyme leaves, crushed

1/2 teaspoon salt
 1/4 teaspoon pepper
 1/3 cup milk
 1 egg
 1/4 cup butter or margarine, melted

Coat meat with combined dry ingredients; dip into combined milk and egg. Coat again with dry ingredients. Place in foil-lined large shallow baking pan; drizzle butter over meat. Bake in preheated hot oven (400°F.) about 45 minutes or until tender and golden brown.
 Makes 6 servings.

Dip 'N Bake Pork Chops

The chops are juicy and flavorful with this crisp coating and the different seasonings add a gourmet touch.



Italian Meat Pie

(Pictured on page 36)

Here are two recipes in one. The meat pie shell is shown below with the recipe for a vegetable filling with Italian seasonings. Or combine your favorite cooked or canned vegetable with a creamed soup or tomato sauce for your own meat pie shell filling.

MEAT PIE SHELL:

1 lb. ground beef
 2/3 cup Quaker Oats (Quick or Old Fashioned, uncooked)
 1/2 cup catsup
 1/2 cup chopped onion
 1 egg
 3/4 teaspoon salt
 1/8 teaspoon pepper
 1/8 teaspoon garlic powder

FILLING:

2 medium-sized zucchini, sliced 1/4-inch thick or one 9-oz. pkg. frozen Italian cut green beans, cooked, drained
 1 cup (4 oz.) shredded Mozzarella cheese
 1/2 cup catsup
 1/2 cup ripe olive slices
 1/2 teaspoon oregano leaves, crushed
 1/2 teaspoon basil leaves, crushed
 2 tablespoons grated Parmesan cheese, if desired

For meat pie shell, combine all ingredients; mix well. Press onto bottom and sides of 9-inch pie plate. Partially bake in preheated moderate oven (350°F) 8 minutes; drain.

For filling, combine zucchini, 1/2 cup Mozzarella cheese, catsup, olives and seasoning; spoon into partially baked meat pie shell. Top with remaining Mozzarella cheese; sprinkle with Parmesan cheese. Continue baking in moderate oven (350°F) 15 to 18 minutes. Cut into wedges to serve.

Makes 4 to 6 servings.

MICROWAVE OVEN DIRECTIONS: For meat pie shell, prepare as recipe directs; cook in microwave oven at HIGH 6 to 7 minutes, rotating 1/4 turn after each 3 minutes of cooking. Drain.

For filling, prepare as recipe directs; continue cooking in microwave oven at HIGH 7 to 8 minutes, rotating 1/4 turn after each 2 minutes of cooking. Let stand 2 to 3 minutes before serving.

1-1/2 lb. ground beef
 1 cup tomato sauce, catsup or milk
 3/4 cup Quaker Oats (Quick or Old
 Fashioned, uncooked)

1/2 cup chopped onion or green pepper
 1 egg
 1 teaspoon salt
 1/8 teaspoon pepper

Combine all ingredients; mix well. Shape to form 8x4-inch loaf; bake in large shallow baking pan in preheated moderate oven (350°F) about 1 hour. Makes 6 to 8 servings.

VARIATIONS: For individual meat loaves, shape meat mixture to form 6 loaves; bake in large shallow baking pan in preheated moderate oven (375°F) 25 to 30 minutes. Makes 6 servings.

For barbecue sauce topping, brush combined 1/3 cup catsup, 1 tablespoon firmly packed brown sugar and 1 tablespoon prepared mustard over meat loaf or individual meat loaves during last 10 minutes of baking.

MICROWAVE OVEN DIRECTIONS: For meat loaf or individual meat loaves, reduce liquid in meat mixture to 1/3 cup. *For 8x4-inch meat loaf*, place shaped loaf in 11x7-inch baking dish; cover with wax paper. Cook in microwave oven at HIGH about 12 minutes or until desired doneness, rotating 1/4 turn after each 3 minutes of cooking. *For individual meat loaves*, place shaped meat loaves in 8-inch square baking dish; cover with wax paper. Cook in microwave oven at HIGH about 10 minutes or until desired doneness, rotating 1/4 turn after 3 minutes of cooking. Let either meat loaf or individual meat loaves stand 5 minutes before serving.

* Basic Meat Loaf

Meat loaf is such an American classic that you're probably more apt to think of it as an old family friend than as a highly nutritious food. When oats are used in place of bread or cracker crumbs, their wholegrain nutrition is added to the meat mixture. Oats keep ground meat dishes moist and tender.



Mexicali Meat Loaves

(Pictured on page 36)

Individual meat loaves can come from the microwave oven in minutes and wholegrain oats keep each little spicy loaf succulent and juicy. Green chilies give these little loaves a tangy, south-of-the-border taste. Tomato sauce and Cheddar cheese top them off.

1 lb. ground beef
1/2 cup Quaker Oats (Quick or Old Fashioned, uncooked)
1 egg
One 8-oz. can tomato sauce
One 4-oz. can chopped green chilies, drained

1 tablespoon plus 1 teaspoon instant minced onion
1 teaspoon chili powder
1/2 teaspoon salt
1/8 teaspoon garlic powder
1/2 cup (2 oz.) shredded Cheddar cheese

Combine meat, oats, egg, 1/4 cup tomato sauce, 2 tablespoons green chilies, 1 tablespoon onion, chili powder and salt; mix well. Shape to form four 4x2-inch loaves; place in 8-inch square baking dish. Bake in preheated moderate oven (375°F) 20 to 25 minutes. Combine remaining tomato sauce, green chilies, onion and garlic powder in small saucepan; heat. To serve, spoon sauce over meat loaves; sprinkle with cheese. Makes 4 servings.

MICROWAVE OVEN DIRECTIONS: Cook meat loaves in microwave oven at HIGH 6 to 7 minutes or until desired doneness, rotating 1/4 turn after each 2 minutes of cooking. Combine remaining tomato sauce, green chilies, onion and garlic powder in glass measuring cup or small bowl; cook in microwave oven at HIGH about 1 minute.

Crispy Fried Fish

Ground Oat Flour combines with enriched corn meal to produce a light crispy coating. The dill weed seasoning adds a special flavor.

1 cup milk
1/2 cup Ground Oat Flour (pg. 8)
1/2 cup Quaker or Aunt Jemima Enriched Corn Meal

1 egg
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon dill weed
1 lb. fish fillets

Combine all ingredients except fish; mix well. Dip fish into batter, coating thoroughly. Fry in 1/2-inch deep hot oil (375°F) about 2 minutes per side or until crisp and golden brown, turning once. Drain on absorbent paper. Makes 4 servings.

One 10-3/4-oz. can condensed cream of chicken soup
 2/3 cup milk
 2 tablespoons grated Parmesan cheese
 2 tablespoons instant minced onion
 1/4 teaspoon garlic powder

1/8 teaspoon pepper
 2 cups chopped cooked chicken or turkey
 2 cups zucchini slices
 One 4-oz. can mushroom slices, drained
 1-2/3 cups Savory Add-A-Crunch (pg. 12)

Combine soup, milk, cheese, onion and seasonings in 3-qt. saucepan; mix well. Bring mixture to a boil over medium heat; stir in remaining ingredients except Add-A-Crunch. Spoon into 11x7-inch baking dish. Sprinkle Add-A-Crunch evenly over casserole. Bake in preheated moderate oven (375°F) about 25 minutes or until Add-A-Crunch is golden brown.
 Makes 6 servings.

One 2-1/2 to 3-lb. broiler-fryer, cut up or 6 pork chops, cut 1/2 to 3/4-inch thick
 1/3 cup milk

1 egg
 2 cups Savory Add-A-Crunch, unbaked (pg. 12)

Dip chicken pieces into combined milk and egg; coat with Add-A-Crunch. Bake in large foil-lined baking pan in preheated moderate oven (375°F) 45 to 55 minutes or until tender and golden brown.
 Makes 4 servings.

Savory Chicken Casserole

Any meat or vegetable casserole can be topped with Savory Add-A-Crunch. It adds crunch, great taste and wholesome nutrition.

Add-A-Crunch Baked Chicken or Chops

(Pictured on page 36)

Savory Add-A-Crunch provides a toasty flavor and crunchiness, in addition to wholegrain goodness to chicken and chops.

Wholegrain Pizza *

Our very special pizza crust—it's extra fast and extra nutritious. Just mix and pat the dough into the pan. There's no yeast, no time lost in rising.

CRUST:

2/3 cup milk
1/4 cup vegetable oil
1-1/4 cups all-purpose flour
3/4 cup Ground Oat Flour (pg. 8)
1 teaspoon baking powder
1/2 teaspoon salt

TOPPING:

3/4 lb. Italian sausage
Two 8-oz. cans pizza sauce
2 cups mushroom slices
1 medium-sized green pepper, cut into strips, if desired
2 cups (8 oz.) shredded Mozzarella cheese
2 tablespoons grated Parmesan cheese

For crust, add milk and oil to combined dry ingredients; stir with fork until mixture forms ball. Turn out onto lightly floured surface; knead about 10 times. With greased fingers, press dough into greased 14-inch round pizza pan; shape edge to form rim. Bake in preheated hot oven (425°F.) 12 to 14 minutes.

For topping, remove sausage from casing; brown meat. Drain. Add 1 can pizza sauce; mix well. Spread remaining can pizza sauce over partially baked crust; spoon meat mixture over sauce. Top with mushrooms, green pepper and cheeses. Continue baking in hot oven (425°F.) 10 to 15 minutes.

Makes 14-inch round pizza.

VARIATION: Substitute 3/4 lb. ground beef for Italian sausage.

Pictured from left to right: Crowned Carrot Cake, Glamour Cheesecake, Banana Crunch Cake and Yogurt Puddin' Parfaits.



Desserts

Desserts

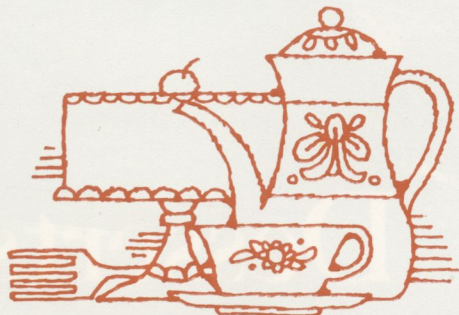
There's no getting around it...desserts are delicious. Most of us can recall being tempted by some heavenly confection for which we have a special liking or even an outright weakness.

Well—take heart! Desserts can be wholesome, too. The ones you're about to discover combine the goodness of wholegrain oats with natural fruits, nuts and dairy products.

Glamour Cheesecake

(Pictured on cover and page 45)

Instead of a traditional crust, this one combines wholegrain oats, chopped nuts, brown sugar and butter providing a toasty rich taste and delightfully crunchy texture.



CRUST:

1-1/2 cups Quick Quaker Oats, uncooked
1/2 cup finely chopped nuts
1/2 cup firmly packed brown sugar
1/3 cup butter or margarine, melted

FILLING:

Two 8-oz. pkg. cream cheese, softened
1/2 cup granulated sugar
1 tablespoon lemon juice

3 eggs

1 cup dairy sour cream or sour half and half

TOPPING:

1 cup dairy sour cream or sour half and half
2 tablespoons granulated sugar
1 to 2 teaspoons vanilla

For crust, combine all ingredients; mix well. Firmly press onto bottom and sides of ungreased 9-inch springform pan, about 1-1/2 inches high. Bake in preheated moderate oven (350°F.) about 18 minutes or until golden brown; cool.

For filling, combine cream cheese, sugar and lemon juice, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, beating well after each addition. Blend in sour cream. Pour into prepared crust. Bake in preheated moderate oven (350°F.) about 50 minutes.

For topping, combine all ingredients; mix well. Spread over baked cheesecake. Continue baking in moderate oven (350°F.) about 10 minutes. Loosen cake from rim of pan; cool before removing rim. Chill several hours before serving. Garnish with fruit, if desired. **Makes 9-inch cheesecake.**

1 cup Quick Quaker Oats, uncooked
 1/3 cup finely chopped nuts
 1/3 cup firmly packed brown sugar

3 to 4 tablespoons butter or
 margarine, melted
 1/2 teaspoon cinnamon

Combine all ingredients; mix well. Press onto bottom and sides of very lightly oiled 9-inch pie plate. Bake in preheated moderate oven (375°F) 8 to 10 minutes or until golden brown. Cool; chill or freeze as filling requires. Fill with packaged pie filling mixtures, chilled cheesecake fillings, frozen yogurt or ice cream, as desired.

Makes 9-inch pie crust.

VARIATION: Substitute 1/3 cup Quick Quaker Oats, uncooked, wheat germ or unprocessed bran for nuts.

1 envelope plus 1-1/2 teaspoons
 unflavored gelatin (about 4-1/2
 teaspoons)
 1/2 cup water
 Three 8-oz. cartons (3 cups) strawberry,
 lemon, vanilla or apricot flavored
 yogurt

1/2 cup honey
 Dash of salt
 Food coloring, if desired
 1-1/2 cups heavy cream, whipped
 Toasty Oat Crust (pg. 47)

Soften gelatin in water; stir over low heat until dissolved. Combine yogurt, honey, salt and food coloring, mixing until well blended. Gradually add dissolved gelatin; mix well. Chill about 15 minutes or until slightly thickened. Fold in whipped cream. Chill 45 minutes or until mixture mounds when dropped from spoon; mound into Toasty Oat Crust. Chill 4 hours or until firm.

Makes 9-inch pie.

* Toasty Oat Crust

This is as delicious a crust as you'll find and a real shortcut to pie making. It can be used in place of graham cracker, vanilla wafer or other crumb crusts. Try it with the Yogurt Honey Cream Pie or Sundae Crunch Pie. Fill it with any refrigerated or frozen pie filling, such as custard or cream pie filling, chiffon pie fillings or sweetened fresh fruit topped with Add-A-Crunch.

Yogurt Honey Cream Pie

Using the basic Toasty Oat Crust this delicious yogurt and honey cream filling makes a nutritious and delightful dessert.

Sundae Crunch Pie

Quick, easy-to-fix dessert for your family or guests anytime.

3 to 4 pt. frozen yogurt or ice cream, softened

Toasty Oat Crust (pg. 47)

Combine yogurt in large bowl, mixing until well blended. Spoon into crust; freeze until firm. To serve, top with Cinnamon Add-A-Crunch (pg. 12), chopped nuts, flaked or shredded coconut, maraschino cherry halves, fruit flavored syrup, ice cream topping or whipped cream, as desired.
Makes 9-inch pie.

Quick Chocolate Cake

This cake includes the great chocolate taste you love plus the benefits of Ground Oat Flour. You don't need an electric mixer—just prepare it in a saucepan. It's rich, moist and will soon become a favorite!

CAKE:

**1 cup water
1/2 cup butter or margarine
Two 1-oz. squares unsweetened chocolate
2 cups Ground Oat Flour (pg. 8)
1-1/2 cups sugar
1/2 cup all-purpose flour
1 teaspoon soda
1/2 teaspoon salt**

2 eggs

1/2 cup dairy sour cream or sour half and half

TOPPING:

**One 1-oz. square unsweetened chocolate
1 teaspoon butter or margarine
1 cup confectioners sugar
5 teaspoons hot water
1/4 cup chopped nuts**

For cake, combine water, butter and chocolate in 3-qt. saucepan; bring to a boil. Remove from heat; stir in combined oat flour, sugar, all-purpose flour, soda and salt, mixing until well blended. Add eggs and sour cream; mix well. Pour into greased 13x9-inch baking pan; bake in preheated moderate oven (375°F.) 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool.

For topping, melt together chocolate and butter in heavy small saucepan over low heat; stir in sugar. Add water, 1 teaspoon at a time, until desired consistency. Drizzle over cooled cake; sprinkle with nuts.

Makes 13x9-inch cake.

CRUNCH TOPPING:

3/4 cup Quaker Oats (Quick or Old Fashioned, uncooked)
 1/3 cup firmly packed brown sugar
 2 tablespoons butter or margarine, melted
 2 tablespoons chopped nuts
 1/2 teaspoon cinnamon

CAKE:

1/2 cup butter or margarine
 2/3 cup firmly packed brown sugar
 1 cup mashed banana
 2 eggs
 1 teaspoon vanilla
 1 cup Ground Oat Flour (pg. 8)
 3/4 cup all-purpose flour
 1 teaspoon salt
 1 teaspoon soda
 1/2 cup chopped nuts, if desired

For crunch topping, combine all ingredients; mix well.

For cake, beat together butter and sugar until light and fluffy; blend in banana, eggs and vanilla. Gradually add combined dry ingredients, mixing well after each addition. Stir in nuts. Pour into greased 8-inch square baking pan; sprinkle crunch topping evenly over batter. Bake in preheated moderate oven (350°F.) 40 to 45 minutes or until wooden pick inserted in center comes out clean.

Makes 8-inch square cake.

MICROWAVE OVEN DIRECTIONS: When using Old Fashioned Oats for crunch topping, increase oats to 1 cup. Substitute 8-inch square baking dish for baking pan; cook in microwave oven at HIGH 8 to 9 minutes or until wooden pick inserted in center comes out clean, rotating 1/4 turn after each 3 minutes of cooking.

Banana Crunch Cake

(Pictured on page 45)

This is a very tender cake with an extra crunch on top for flavor and texture. This cake stays moist and it freezes very well. You can use the Crunch Topping to add a little whole-grain goodness to packaged cake mixes, coffee cakes or all-purpose biscuit mix cakes. Sprinkle the Crunch Topping over the batters before baking.

Crowned Carrot Cake

(Pictured on page 45)

Here is the perfect example of a deliciously moist wholegrain cake which uses Ground Oat Flour. The nuts coat the pan, then bake to create a toasty nut coating to "crown" the cake. They're a wonderful contrast to the tender texture inside. The Cream Cheese Frosting is for those who just can't resist.

1 tablespoon vegetable shortening
 3/4 cup chopped nuts
 1-1/2 cups firmly packed brown sugar
 3/4 cup vegetable oil
 4 eggs
 1-1/2 cups all-purpose flour
 1 cup Ground Oat Flour (pg. 8)

1 tablespoon baking powder
 1 teaspoon salt
 1 teaspoon allspice
 1 teaspoon cinnamon
 3 cups shredded carrot
 3/4 cup raisins
 Cream Cheese Frosting (see below)

Generously grease 12-cup Bundt or 10-inch tube pan with shortening; coat pan with nuts. Combine sugar and oil; add eggs, one at a time, beating well after each addition. Stir in combined flour, oat flour, baking powder, salt and spices. Add carrot and raisins; mix well. Pour into prepared pan; bake in preheated moderate oven (350°F) 45 to 50 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely on wire rack. Drizzle Cream Cheese Frosting over cooled cake, if desired.

Makes 12-cup Bundt cake.

MICROWAVE OVEN DIRECTIONS: Prepare 12-cup microwave Bundt dish as recipe directs. Increase vegetable oil to 1 cup; reduce shredded carrot to 2-1/2 cups. Pour batter into prepared dish; cook in microwave oven at HIGH 13 to 14 minutes or until wooden pick inserted in center comes out clean, rotating 1/4 turn after each 5 minutes of cooking. Cool 10 to 15 minutes; remove from dish. Cool completely on wire rack.

Cream Cheese Frosting

(Pictured on page 45)

One 3-oz. pkg. cream cheese, softened
 2 teaspoons lemon juice

1 cup confectioners sugar
 1 tablespoon milk

Beat together cream cheese and juice until well blended. Gradually add sugar and milk, beating until well blended.

Makes about 1 cup frosting.

1 cup Quaker Oats (Quick or Old
Fashioned, uncooked)
3/4 cup milk
1/2 cup chopped peanuts
1/3 cup chunk style peanut butter

1/4 cup honey
1/4 teaspoon salt
2 cups prepared non-dairy whipped
topping or 1 cup heavy cream,
whipped

Combine all ingredients except whipped topping in large bowl; mix well. Cover; refrigerate 4 to 5 hours or overnight. Mix well; fold in whipped topping. Spoon into dessert dishes; chill.
Makes 6 servings.

VARIATION: Substitute 1/2 cup chopped pecans, walnuts or almonds for peanuts and 3 tablespoons cocoa for peanut butter.

One 8-oz. carton (1 cup) plain or flavored
yogurt
1 cup milk
One 3-3/4-oz. pkg. vanilla, butterscotch
or lemon flavored instant pudding
and pie filling mix

Few drops food coloring, if desired
1 cup Cinnamon or Peanut Add-A-Crunch
(pgs. 12, 13)

Combine yogurt, milk, pudding mix and food coloring in small mixing bowl. Beat at low speed on electric mixer about 2 minutes. Alternate layers of pudding mixture and Add-A-Crunch in parfait glasses or dessert dishes. Chill; serve within 3 to 4 hours after assembling.
Makes 4 servings.

* Peanuttty Pudding

The children will love the peanuttty flavor, and you'll be pleased to know that each serving provides some wholegrain oats. It thickens as it chills in the refrigerator.

* Yogurt Puddin' Parfaits

(Pictured on page 45)

Add yogurt to packaged instant pudding. Then add a contrast of textures as you layer smooth pudding alternately with wholegrain Add-A-Crunch.

Yogurt Fruit Sundaes

A light, fresh-tasting, textured dessert. A good way to use low-calorie plain yogurt so that it pleases everyone.

One 8-oz. carton (1 cup) plain or flavored yogurt
1 to 2 tablespoons honey, if desired

2 cups fresh fruit slices
1/2 cup Cinnamon or Peanut Add-A-Crunch (pgs. 12, 13)

Combine yogurt and honey; mix well. For each serving, spoon about 1/2 cup fruit into dessert dish; top with about 1/4 cup yogurt mixture and about 2 tablespoons Add-A-Crunch. Serve at breakfast or as a dessert or snack.

Makes 4 servings.

VARIATION: Substitute one 16-oz. can fruit slices, drained or 2 cups frozen fruit slices, thawed, drained for fresh fruit.

Cinnamon Crunch Peach Crisp

Serve this Peach Crisp warm or cold topped with yogurt or ice cream. It's irresistible!

6 cups sweetened fresh peach slices or two 29-oz. cans peach slices, well drained

1 to 1-1/2 cups Cinnamon Add-A-Crunch (pg. 12)

Spoon peaches into 8-inch square baking dish; sprinkle with Add-A-Crunch. Bake in preheated moderate oven (350°F) about 30 minutes or until Add-A-Crunch is golden brown.

Makes 6 servings.

VARIATION: Substitute 6 cups peeled apple slices or two 20-oz. cans apple pie slices, drained for peach slices.

Pictured from left to right: Honey Crunch Peanut Spread, Create-A-Cookie, Peanut Butter Dreams, Toasty Cheese Crackers, Wholegrain Jam Squares and Snackin' Granola Bars.

Cookies and Snacks



Cookies & Snacks

Everyone loves cookies and snacks, and those made with wholegrain oats make a wonderful alternative way to eat. Adding wholegrain oats produces a full taste and hearty texture. And makes them more nutritious, too.

What does a wholegrain oat cookie taste like? Sometimes it tastes like an oatmeal cookie, but not always. The recipes presented in this section provide a variety of different flavors, shapes, and textures, all with the nourishment of wholegrain oats.

Snacking can be fun with wholegrain oats. For a change of pace try Honey-Crunch Peanut Spread on celery or apples for a between-meal treat. Serve Toasty Cheese Crackers, and roll a cheese ball in Savory Add-A-Crunch for crunchy goodness and toasty flavor.

Sample all these recipes and you'll know the excitement and nourishing goodness that come from wholegrain oats.

Peanut Butter * *Dreams*

(Pictured on page 53)

Prepared completely with Oat Flour—making them light, rich and a little chewy.

1 teaspoon vanilla
2-1/4 cups Ground Oat Flour (pg. 8)
2 teaspoons soda
1/4 teaspoon salt
1 cup chopped peanuts

1 cup butter or margarine
1 cup peanut butter
1/2 cup granulated sugar
1 cup firmly packed brown sugar
2 eggs

Beat together butter, peanut butter and sugars; blend in eggs and vanilla. Add combined dry ingredients; mix well. Stir in nuts; chill dough about 1 hour. Shape to form 1-inch balls. Place on ungreased cookie sheet; flatten with fork dipped in sugar to form crisscross pattern. Bake in preheated moderate oven (350°F) about 10 minutes or until edges are golden brown.

Makes about 4-1/2 dozen cookies.

VARIATION: Substitute vegetable shortening for butter; omit chilling dough.

1 cup butter or margarine
 1-1/4 cups firmly packed brown sugar
 2 eggs
 1/2 teaspoon vanilla
 1-1/4 cups all-purpose flour

1 teaspoon soda
 1/2 teaspoon salt
 1/2 teaspoon cinnamon
 3 cups Quaker Oats (Quick or Old
 Fashioned, uncooked)

Beat together butter and sugar until light and fluffy; blend in eggs and vanilla. Add combined flour, soda, salt and cinnamon; mix well. Stir in oats. Drop by rounded teaspoonfuls onto greased cookie sheet; bake in preheated moderate oven (350°F) 10 to 12 minutes or until light golden brown. Makes about 5-1/2 dozen cookies.

VARIATIONS:

Add 1/4 teaspoon nutmeg and 1/4 teaspoon cloves.

Add 1 cup raisins.

Add 1 cup chopped nuts.

Add 1 cup semi-sweet chocolate, butterscotch or peanut butter flavored pieces.

Add 1/2 cup chopped dried apricots, dates, candied fruit or cherries.

Add 1 cup shredded or flaked coconut.

Add 1/2 cup sunflower seed.

1/2 cup Honey Crunch Peanut Spread
 (pg. 56)

1/2 cup shredded or flaked coconut
 1/2 cup finely chopped nuts

Combine Honey Crunch Peanut Spread and coconut; shape to form 3/4-inch balls. Roll in nuts; chill. Store in covered container in refrigerator. Makes about 1 dozen no-bake cookies.

* Create-A-Cookie

(Pictured on page 53)

Add a different ingredient to this basic recipe and presto—you've created a cookie! Try our suggestions or invent your own.

These cookies freeze well so plan to double the recipe. Wrap cooled cookies securely, freeze, and bring them out when you need them.



* Honey Crunch Peanut Balls

An easy, no-bake recipe.

Honey Crunch Peanut Spread

(Pictured on page 53)

A nutritious treat for after school or as an evening snack spread over favorite fruits and vegetables.

1-1/4 cups peanut butter
2/3 cup Toasted Oats (pg. 10)

1/2 cup honey

Combine all ingredients; mix well. Store in tightly covered container in refrigerator. Serve as a sandwich spread, on celery and carrot sticks or on apple and pear slices.

Makes about 1-1/2 cups spread.

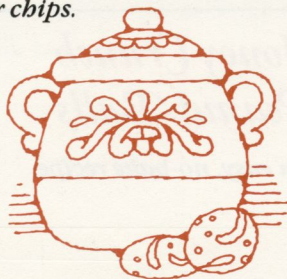
VARIATIONS:

Add 4 crisply cooked bacon slices, crumbled.

Add 1/2 cup raisins or semi-sweet chocolate pieces.

Jumbo Chip Cookies

Hearty wholegrain cookies that are sure to satisfy those big appetites. And you can vary the recipe using your favorite flavor chips.



3/4 cup butter or margarine
1-1/3 cups firmly packed brown sugar
2 eggs
1 teaspoon vanilla
1 cup all-purpose flour
1 teaspoon soda
1/2 teaspoon salt

2-1/2 cups Quaker Oats (Quick or Old Fashioned, uncooked)
One 6-oz. pkg. (1 cup) semi-sweet chocolate, butterscotch or peanut butter flavored pieces
1/2 cup chopped nuts

Beat together butter and sugar until light and fluffy; blend in eggs and vanilla. Add combined flour, soda and salt; mix well. Stir in oats, chocolate and nuts; drop dough by level 1/3 cup measures onto greased cookie sheet about 4 inches apart and 2-1/2 inches from edge of cookie sheet. Bake in preheated moderate oven (350°F) 15 to 17 minutes or until lightly browned.

Makes 1 dozen 4-1/2-inch cookies.

VARIATION: For 3-1/2-inch cookies, drop by heaping tablespoonfuls onto greased cookie sheet about 3 inches apart and 1-1/2 inches from edge of cookie sheet. Bake in preheated moderate oven (350°F) about 15 minutes.

Makes about 2 dozen 3-1/2-inch cookies.

3/4 cup butter or margarine
 1 cup firmly packed brown sugar
 1/2 cup granulated sugar
 1 egg
 1/4 cup milk
 1 teaspoon vanilla
 1 cup all-purpose flour

1/2 teaspoon salt
 1/2 teaspoon soda
 2-1/2 cups Quaker Oats (Quick or Old
 Fashioned, uncooked)
 3/4 cup wheat germ
 1/2 cup chopped nuts

Beat together butter, sugars, egg, milk and vanilla. Add combined flour, salt and soda; mix well. Stir in oats, wheat germ and nuts. Drop by rounded teaspoonfuls onto greased cookie sheet; bake in preheated moderate oven (375°F) 10 to 12 minutes or until light golden brown.

Makes about 4-1/2 dozen cookies.

VARIATIONS:

Substitute 1 cup unprocessed bran or bran cereal for wheat germ.

Substitute 1/2 cup sunflower seed for nuts; add 1/2 cup raisins.

Substitute 1 cup raisins for nuts.

Substitute 1/2 cup shredded or flaked coconut for nuts.

Add 1/2 cup chopped dates, dried apricots or prunes.

One 6-oz. pkg. (1 cup) semi-sweet
 chocolate pieces
 1/2 cup Honey Crunch Peanut Spread
 (pg. 56)

3 tablespoons butter or margarine
 1 cup Quaker Oats (Quick or Old
 Fashioned, uncooked)
 3/4 cup raisins
 1/2 cup chopped nuts

Melt together chocolate, Honey Crunch Peanut Spread and butter in medium-sized saucepan over low heat, stirring occasionally until well blended; stir in remaining ingredients. Drop by rounded teaspoonfuls onto wax paper; chill until firm. Store in refrigerator.

Makes about 2 dozen no-bake cookies.

* Wholegrain Crunch Cookies

(Pictured on page 53)

Double the flavor and texture goodness with wholegrain oats and wheat germ. Try variations or experiment on your own.

* Chocolate Peanut Butter Drops

An easy, no-bake recipe that combines two all-time favorites—chocolate and peanut butter.

Snackin' Granola Bars

(Pictured on page 53)

A chewy granola bar which has a nut-like flavor from the Toasted Oats. Achieve different flavors by using honey, corn syrup or molasses. The variations are sure to include some favorites for everyone!

3-1/2 cups Toasted Oats (pg.10)
1 cup raisins
1 cup chopped nuts
2/3 cup butter or margarine, melted
1/2 cup firmly packed brown sugar

1/3 cup honey, corn syrup or molasses
1 egg, beaten
1/2 teaspoon vanilla
1/2 teaspoon salt

Combine all the ingredients; mix well. Press firmly into well greased 15-1/2x10-1/2-inch jelly roll pan. Bake in preheated moderate oven (350°F) about 20 minutes. Cool; cut into bars. Store in tightly covered container in cool dry place or in refrigerator.

Makes 15-1/2x10-1/2-inch pan of bars.

VARIATIONS:

Add 1/2 cup flaked or shredded coconut.

Substitute one 6-oz. pkg. semi-sweet chocolate pieces for 1/2 cup raisins.

Substitute 1/2 cup sunflower seed for 1/2 cup nuts.

NOTE: To bake in 13x9-inch baking pan, bake in preheated slow oven (325°F) 30 to 35 minutes.

To bake in 13x9-inch glass baking dish, bake in preheated slow oven (300°F) 30 to 35 minutes.

Double Crunch Bars

Here are two kinds of crunch—a nutty crunch and a whole-grain oat crunch. These bars are made without flour, so they're almost like the inside of a crunchy candy bar—thin, golden and out of this world.

4 cups Quick Quaker Oats, uncooked
1-1/2 cups chopped nuts
1 cup firmly packed brown sugar
3/4 cup butter or margarine, melted

1/2 cup honey or corn syrup
1 teaspoon vanilla
1 teaspoon salt

Combine all ingredients; mix well. Press firmly into well greased 15-1/2x10-1/2-inch jelly roll pan. Bake in preheated very hot oven (450°F) 10 to 12 minutes or until golden brown and bubbly. Cool thoroughly; cut into bars.

Makes 15-1/2x10-1/2-inch pan of bars.

VARIATION: Substitute 4-1/2 cups Old Fashioned Quaker Oats, uncooked for Quick Quaker Oats.

2 cups Quaker Oats (Quick or Old
Fashioned, uncooked)
1-3/4 cups all-purpose flour
1 cup butter or margarine
1 cup firmly packed brown sugar

1/2 cup chopped nuts
1 teaspoon cinnamon
3/4 teaspoon salt
1/2 teaspoon soda
3/4 cup preserves

Combine all ingredients except preserves in large mixing bowl; beat at low speed on electric mixer until mixture is crumbly. Reserve 2 cups mixture; press remaining onto bottom of greased 13x9-inch baking pan. Spread preserves evenly over base; sprinkle with reserved mixture. Bake in preheated hot oven (400°F) 25 to 30 minutes or until golden brown. Cool; cut into squares. Makes 13x9-inch pan of squares.

VARIATION: Omit nuts in oat mixture; add 1/4 teaspoon nutmeg and 1/8 teaspoon cloves to oat mixture. Substitute combined 1 cup applesauce, 3/4 cup raisins and 1/2 cup nuts for preserves.

1/2 cup butter or margarine
1/3 cup sugar
1/3 cup strawberry or apricot preserves

2 cups Quaker Oats (Quick or Old
Fashioned, uncooked)
3/4 cup coarsely chopped nuts
1 cup raisins or chopped dates

Combine butter, sugar and preserves in 3-qt. saucepan. Cook over low heat, stirring constantly, until well blended and smooth; remove from heat. Add oats and nuts; mix until dry ingredients are thoroughly coated. Spread mixture evenly into ungreased 13x9-inch baking pan. Bake in preheated slow oven (325°F) 35 to 40 minutes or until golden brown, stirring occasionally. Add raisins; mix well. Spread mixture onto ungreased cookie sheet; cool. Store in tightly covered container in cool dry place or in refrigerator. Makes about 6 cups crunch.

VARIATION: Omit raisins or chopped dates.

* Wholegrain Jam Squares

(Pictured on page 53)

A layered treat, with the sweet taste of fruit combined with the crunch and wholesomeness of the oat mixture.

* Super Snack Crunch

(Pictured on cover)

Make your own crunchy snack—one you won't mind having disappear. It's so wholesome. Try it with milk in the morning as a breakfast treat.

Frozen Banana Pops

As good as store bought—maybe even better as you add the delicious taste and texture of nutritious Add-A-Crunch.

8 wooden sticks or skewers
4 medium-sized bananas, cut in half crosswise
One 6-oz. pkg. (1 cup) semi-sweet chocolate or butterscotch pieces

2 tablespoons vegetable oil
1 cup Cinnamon or Peanut Add-A-Crunch (pgs. 12, 13)

Insert sticks into cut ends of bananas; freeze until firm. Melt together chocolate and oil in heavy small saucepan over low heat, stirring frequently. Cool slightly; pour into tall narrow glass. Dip each frozen banana into chocolate mixture, coating evenly. Immediately roll in Add-A-Crunch; freeze. For longer freezer storage, wrap securely in aluminum foil.

Makes 8 frozen banana pops.

Frozen Yogurt Pops

Make ahead for a nutritious treat from the freezer anytime.

2 cups Cinnamon or Peanut Add-A-Crunch (pgs. 12, 13)
Four 8-oz. cartons (4 cups) fruit flavored yogurt

Twelve 3-1/2-oz. paper drinking cups
12 wooden sticks or skewers

Stir 1/3 cup Add-A-Crunch into each carton of yogurt. Spoon about 1 tablespoon of remaining Add-A-Crunch into each paper cup; spoon yogurt mixture into cups. Place wooden skewer in center of each cup; freeze until firm. Let stand at room temperature about 3 minutes before serving; tear off paper cup to remove. Makes 12 frozen yogurt pops.

VARIATION: Substitute 2 pt. frozen yogurt, softened, for yogurt. Add 1-1/3 cups Add-A-Crunch to frozen yogurt; mix until well blended.

2 cups (8 oz.) shredded Cheddar cheese
 1/2 cup grated Parmesan cheese
 1/2 cup butter or margarine, softened
 3 tablespoons water

1 cup all-purpose flour
 1/4 teaspoon salt
 1 cup Quaker Oats (quick or old fashioned, uncooked)

Beat together cheeses, butter and water until well blended. Add flour and salt; mix well. Stir in oats, mixing until thoroughly blended. Shape dough to form 12-inch long roll. Wrap securely; refrigerate about 4 hours.* Cut 1/8 to 1/4-inch thick slices; flatten slightly. Bake on lightly greased cookie sheet in preheated hot oven (400°F) 8 to 10 minutes or until edges are light golden brown. Immediately remove from cookie sheet; cool on wire rack.

Makes about 6 dozen crackers.

*NOTE: Dough may be stored up to 1 week in the refrigerator.

Two 8-oz. pkg. cream cheese, softened
 2 cups (8 oz.) shredded sharp Cheddar cheese
 1 tablespoon finely chopped onion or green onion

1 tablespoon Worcestershire sauce
 1 tablespoon finely chopped pimiento
 Dash of salt
 Dash of pepper
 1 cup Savory Add-A-Crunch (pg. 12)

Combine all ingredients except Add-A-Crunch, mixing until well blended; chill several hours. Shape to form ball; roll in Add-A-Crunch, coating well. Chill; serve with crackers or raw vegetables, as desired.

Makes 10 to 12 servings.

* Toasty Cheese Crackers

(Pictured on page 53)

These might easily be one of the best crackers you'll ever eat. If you want to add a little extra flavor, about 3/4 teaspoon of either oregano or basil leaves is an interesting variation.

* Crunchy Cheese Ball

Next time you give a party, roll a cheese ball in Savory Add-A-Crunch instead of the usual nuts. It adds a toasty crunch and flavor that's bound to make your guests sit up and take notice.

Recipe Index

Five Exciting New Ways to Use Wholegrain Oats		Page		Page
Ground Oat Flour	8	Cinnamon Add-A-Crunch	12	
Toasted Oats	10	Peanut Add-A-Crunch ‡	13	
Savory Add-A-Crunch ‡	12	Basic Golden Oats	14	
<hr/>				
Breakfast				
Cinnamon Apple Golden Oats	16	Honey-Oatmeal Muffins	19	
Golden Granola ‡	17	Portable Apple & Cheese Pleasers	20	
Cinnamon Raisin Oatmeal For Two ‡	18	Scottish Oat Scones	20	
Muesli (Swiss Oatmeal)	18	Microwave Oatmeal	21	
Breakfast Take Alongs	19			
<hr/>				
Soups, Salads, and Accompaniments				
Chicken Broccoli Chowder	23	Favorite Fruit Salad	26	
Corn and Frank Chowder	24	Savory Salad	27	
Hearty Cheese Sauce ‡	24	Taste Temptin' Tuna Salad	27	
Golden Oats Medley	25	Golden Oats with Herbs	28	
Savory Bean Casserole	26			
<hr/>				
Breads				
Add-A-Crunch Crescent Dinner Rolls	31	Raisin Bran Bread	33	
Hint of Honey Loaves	31	Wholegrain Batter Bread	34	
Create-A-Wholegrain Muffin ‡	32	Hearty Wholegrain Coffee Cake ‡	35	

‡Recipe includes conventional and
microwave oven directions.

Recipe Index

	Page		Page
Main Dishes			
Juicy Beef Burgers ‡	37	Mexicali Meat Loaves ‡	42
Saucy Meatballs ‡	38	Crispy Fried Fish	42
Dip 'n Bake Chicken	39	Savory Chicken Casserole	43
Dip 'n Bake Pork Chops	39	Add-A-Crunch Baked Chicken	
Italian Meat Pie ‡	40	or Chops	43
Basic Meat Loaf ‡	41	Wholegrain Pizza	44
<hr/>			
Desserts			
Glamour Cheesecake	46	Crowned Carrot Cake ‡	50
Toasty Oat Crust	47	Cream Cheese Frosting	50
Yogurt Honey Cream Pie	47	Peanutty Pudding	51
Sundae Crunch Pie	48	Yogurt Puddin' Parfaits	51
Quick Chocolate Cake	48	Yogurt Fruit Sundaes	52
Banana Crunch Cake ‡	49	Cinnamon Crunch Peach Crisp	52
<hr/>			
Cookies & Snacks			
Peanut Butter Dreams	54	Double Crunch Bars	58
Create-A-Cookie	55	Wholegrain Jam Squares	59
Honey Crunch Peanut Balls	55	Super Snack Crunch	59
Honey Crunch Peanut Spread	56	Frozen Banana Pops	60
Jumbo Chip Cookies	56	Frozen Yogurt Pops	60
Wholegrain Crunch Cookies	57	Toasty Cheese Crackers	61
Chocolate Peanut Butter		Crunchy Cheese Ball	61
Drops	57		
Snackin' Granola Bars	58		

‡Recipe includes conventional and
microwave oven directions.



The Quaker Oats Company, Chicago, Illinois 60654, U.S.A.