



## Balsamic Raspberry Chia Oatmeal Bowl

**QUAKER**

Servings: 1 | Prep Time: 5 minutes | Cook Time: 3 Minutes

# Balsamic Raspberry Chia Oatmeal Bowl

Brought to you by Cara  
Harbstreet, MS, RD, LD



## Ingredients

- $\frac{3}{4}$  cup Quaker® Old Fashioned Oats
- $\frac{3}{4}$  cup water
- 1 dash salt
- $\frac{1}{2}$  cup raspberries fresh or frozen
- $\frac{1}{2}$  tablespoon chia seeds
- $\frac{1}{2}$  tablespoon balsamic glaze
- $\frac{1}{2}$  tablespoon honey
- $\frac{1}{2}$  oz chopped pecans
- Fresh basil (optional)



## Preparation

1. Reserve a few raspberries for serving, then add the remaining raspberries to a small bowl along with the chia seeds, balsamic glaze, and honey. Use a fork to gently mash to a thick consistency, fully combining the chia seeds into the mashed berries. Set aside while you prepare the oats.
2. Add the oats to a separate bowl along with the water and salt. Microwave for 2  $\frac{1}{2}$  to 3 minutes per the instructions on the canister or until fully cooked. Remove from the microwave and stir.
3. Top the bowl with the raspberry-chia jam and chopped pecans. If using, top with fresh basil and the reserved raspberries and serve immediately.

**COOK NOTE:** If using frozen berries, allow to thaw and soften before mashing. Adjust the amount of water used for the cooked oats to achieve your desired consistency.

## NUTRITION FACTS (PER SERVING):

660 calories, 33 g fat, 4 g sat fat, 0 mg cholesterol, 390 mg sodium, 81 g total carb, 29 g fiber, 14 g sugar, 18 g protein, 30% DV calcium, 2% DV vitamin D, 20% DV vitamin C, 0% DV vitamin A, 10% DV potassium, 60% DV iron, 40% DV thiamin, 70% DV magnesium, 10 g added sugar

**QUAKER**



## Blueberry Ginger Overnight Oats

**QUAKER**

Servings: 1 | Prep Time: 5 minutes | Cook Time: 5 Minutes

# Blueberry Ginger Overnight Oats

Brought to you by  
Keri Glassman, MS, RDN



## Ingredients

- ½ cup Quaker® Old Fashioned Oats
- ½ cup kefir
- ½ teaspoon freshly grated ginger
- 1 teaspoon maple syrup
- ¼ cup blueberries
- 1 tablespoon sliced almonds



## Preparation

1. In a small glass container, add all ingredients and stir until well combined.
2. Let rest in refrigerator for at least 10 minutes, or as long as overnight.
3. Optional: Top with additional sliced almonds and blueberries. Enjoy!

## NUTRITION FACTS (PER SERVING):

305 calories, 10 g fat, 3 g sat fat, 16 mg cholesterol, 65 mg sodium, 44 g total carb, 6 g fiber, 13 g sugar, 11 g protein, 19% DV calcium, 1% DV vitamin D, 8% DV vitamin C, 5% DV vitamin A, 12% DV potassium, 12% DV iron, 18% DV thiamin, 23% DV magnesium, 4 g added sugar

**QUAKER**



## Cinnamon Oatmeal Banana Bread Skillet

**QUAKER**

Servings: 4 | Prep Time: 10 minutes | Cook Time: 15 Minutes

# Cinnamon Oatmeal Banana Bread Skillet

Brought to you by Keri  
Glassman, MS, RD, CDN



## Ingredients

- 2 teaspoons coconut oil
- 2 cups Quaker® Old Fashioned Oats
- 1 tablespoon ground flax seed
- 1 teaspoon baking powder
- 2 tablespoons chia seeds
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ cup chopped pecans or walnuts
- 2 large, overripe bananas
- 1 large egg
- 1 teaspoon vanilla extract
- Optional: honey or maple syrup for drizzling



## Preparation

1. Preheat your oven to 350°F. Coat your skillet with coconut oil and place into oven to preheat.
2. In a mixing bowl, combine the oats, flax seed, baking powder, chia, cinnamon, and nuts.
3. In a separate bowl, use a fork to mash the bananas. Add the egg and vanilla extract. Stir until well combined.
4. Add the wet mixture into the dry, and mix until well combined.
5. Remove preheated skillet from the oven and pour in banana oatmeal, smoothing until even.
6. Bake for 10–15 minutes. Cut into 4 slices to serve.
7. Excess can be stored in the fridge or freezer, and reheated to enjoy!

## NUTRITION FACTS (PER SERVING):

390 calories, 19 g fat, 4 g sat fat, 50 mg cholesterol, 440 mg sodium, 49 g total carb, 10 g fiber, 10 g sugar, 10 g protein, 10% DV calcium, 2% DV vitamin D, 6% DV vitamin C, 2% DV vitamin A, 10% DV potassium, 20% DV iron, 30% DV thiamin, 30% DV magnesium, 0 g added sugar

**QUAKER**

## Classic Meatloaf



**QUAKER**

Servings: 6-8

# Classic Meatloaf



## Ingredients

- 1½ pounds lean ground beef or turkey
- ¾ cup Quaker® Oats (quick or old fashioned, uncooked)
- ¾ cup finely chopped onion
- ½ cup catsup
- 1 egg, lightly beaten
- 1 tablespoon Worcestershire sauce or soy sauce
- 2 cloves garlic, minced
- ½ teaspoon salt
- ¼ teaspoon black pepper



## Preparation

1. Heat oven to 350°F.
2. Combine all ingredients in large bowl; mix lightly but thoroughly. Shape meatloaf mixture into 10x6-inch loaf on rack of broiler pan. Bake 50 to 55 minutes or until meatloaf is to medium doneness (160°F for beef, 170°F for turkey), until not pink in center and juices show no pink color.
3. Let stand 5 minutes before slicing. Cover and refrigerate leftovers promptly and use within 2 days, or wrap airtight and freeze up to 3 months.

### NUTRITION FACTS (PER SERVING):

230 calories, 11 g fat, 4 g sat fat, 80 mg cholesterol, 400 mg sodium, 13 g total carb, 1 g fiber, 5 g sugar, 20 g protein, 2% DV calcium, 0% DV vitamin D, 2% DV vitamin C, 2% DV vitamin A, 8% DV potassium, 15% DV iron, 8% DV thiamin, 8% DV magnesium, 4 g added sugar

**QUAKER**



## Herb-Goat Cheese Gluten Free Oat Scones

**QUAKER**

Servings: 12 | Cook Time: 20 Minutes

# Herb-Goat Cheese Gluten Free Oat Scones



## Ingredients

- 1 ½ cup plus 2 tablespoons Quaker® Gluten Free Quick 1-Minute Oats, uncooked, divided
- 1 cup multi-purpose gluten free flour blend
- 1 tablespoon gluten free baking powder
- ½ teaspoon salt
- ½ teaspoon coarse ground black pepper (optional)
- ½ cup chopped fresh herbs
- ½ cup diced roasted red bell pepper
- 1 log (4 ounces) goat cheese, crumbled
- ⅔ cup non-fat milk
- ½ cup olive oil
- 1 large egg, beaten



## Preparation

1. Heat oven to 400°F. Line cookie sheet with parchment paper or spray with cooking spray.
2. In large bowl, combine 1 ½ cups oats, flour blend, baking powder, salt and black pepper; mix well.
3. Gently stir in herbs, bell pepper and cheese.
4. In small bowl, combine milk, oil and egg; blend well.
5. Add to oat mixture. Stir well until combined.
6. Turn dough out onto lightly floured surface. Sprinkle with flour. Knead gently 4 to 5 times until dough holds together, adding additional flour if needed.
7. Place on parchment. Pat into 8-inch circle. Sprinkle with remaining oats; press gently into dough.
8. Cut into 8 wedges; separate slightly.
9. Bake 15 to 20 minutes or light golden brown. Serve warm.

### NUTRITION FACTS (PER SERVING):

180 calories, 10 g fat, 3 g sat fat, 25 mg cholesterol, 270 mg sodium, 18 g total carb, 2 g fiber, 1 g sugar, 5 g protein, 10% DV calcium, 2% DV vitamin D, 6% DV vitamin C, 6% DV vitamin A, 2% DV potassium, 6% DV iron, 8% DV thiamin, 6% DV magnesium, 0 g added sugar

**QUAKER**



## Quick Fruit and Oat Breakfast Bake

**QUAKER**

Servings: 6 | Cook Time: 20 Minutes

## Quick Fruit and Oat Breakfast Bake



### Ingredients

- 3 cups Quaker® Oats (quick or old fashioned, uncooked)
- 2 tablespoons brown sugar, divided
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup nonfat milk
- 1 teaspoon vanilla extract
- 2 egg whites, beaten
- 6 tablespoons finely chopped apple or pear with peel, blueberries, raspberries or blackberries



### Preparation

1. Heat oven to 350°F.
2. In large bowl, stir together oats, brown sugar, baking powder, cinnamon and salt. Combine well.
3. In separate bowl stir together milk, vanilla and egg whites.
4. Add to oat mixture. Stir to combine well. Let stand about 5 minutes until liquid is absorbed.
5. Coat 6 muffin pan cups with nonstick spray. Portion oat mixture evenly into cups.
6. Top each with 1 tablespoon desired fruit, pressing lightly.
7. Bake 20 minutes or just until firm. Let stand in pan on wire rack 5 minutes. Serve warm or at room temperature.
8. Refrigerate or freeze leftovers. Reheat in microwave oven on High 30 seconds to 1 minute or until heated as desired.

### NUTRITION FACTS (PER SERVING):

200 calories, 3 g fat, <0.5 g sat fat, 0 mg cholesterol, 170 mg sodium, 36 g total carb, 5 g fiber, 8 g sugar, 8 g protein, 10% DV calcium, 2% DV vitamin D, 0% DV vitamin C, 2% DV vitamin A, 6% DV potassium, 10% DV iron, 15% DV thiamin, 15% DV magnesium, 4 g added sugar

**QUAKER**



# Roasted Cauliflower Soup with Turmeric



## Ingredients

- 1 cup Quaker® Oats (quick or old fashioned, uncooked), divided
- 4 cups cauliflower florets
- 1 large onion, cut lengthwise into quarters
- 2 stalks celery, cut into approximately 2-inch pieces
- 1 ½ teaspoons ground turmeric
- 1 ½ teaspoons thyme leaves, crushed
- ½ teaspoon salt (optional)
- 1 tablespoon olive oil
- Freshly ground pepper
- 1 teaspoon grated fresh ginger
- 4 cups low-sodium vegetable broth

Gluten-free if made with Quaker® Gluten Free Oats, dairy-free, nut-free, vegan, vegetarian

**QUAKER**

Servings: 4 (about 1 ¼ cups each) | Prep Time: 20 Minutes | Cook Time: 45 to 50 minutes

# Roasted Cauliflower Soup with Turmeric



## Preparation

1. Preheat oven to 450°F.
2. Line 15 x 10 x 1-inch baking sheet with aluminum foil; spray lightly with cooking spray.
3. Place ½ cup oats in food processor or blender. Process until finely ground; remove from food processor.
4. Place cauliflower, onion and celery in large bowl.
5. In small bowl, whisk together turmeric, thyme and salt, if desired. Stir in oil. Add to vegetables. Toss until well coated with turmeric mixture.
6. Place vegetables on baking sheet. Add freshly ground pepper, as desired. Roast 15 minutes; stir and continue roasting 10 to 15 minutes or until vegetables are tender.
7. Cool vegetables slightly. Place in food processor or blender. Add ginger and ½ cup broth. Process until pureed, adding additional broth if necessary.
8. Transfer pureed vegetables to large saucepan or Dutch oven. Add remaining broth. Stir in ground oats. Bring to boil; reduce heat and simmer 15 minutes, stirring occasionally. Stir in remaining oats. Continue cooking 3 to 5 minutes or until oats are softened, stirring frequently. Add water or additional broth, if desired for consistency.

COOK NOTE: 4 cups carrot pieces (about 2-inch pieces) can be substituted for cauliflower or 2 cups each cauliflower and carrots can be used.

## NUTRITION FACTS (PER SERVING):

160 calories, 5 g fat, 1 g sat fat, 0 mg cholesterol, 180 mg sodium, 25 g total carb, 5 g total fiber, 2 g soluble fiber, 5 g sugar, 5 g protein, 6% DV calcium, 0% DV vitamin D, 30% DV vitamin C, 2% DV vitamin A, 12% DV potassium, 15% DV iron, 8% DV thiamin, 20% DV magnesium, 20 g whole grain, 0 g added sugar

**QUAKER**



**Savory Steel**

**Cut Oats**

with Sausage & Broccoli Rabe

**QUAKER**

# Savory Steel Cut Oats

with Sausage & Broccoli Rabe



## Ingredients

- 1 pound broccoli rabe
- 1 cup Quaker® Steel Cut Oats
- 4 cups low sodium vegetable broth
- 2 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- 1 teaspoon crushed red pepper flakes
- 3 links spicy chicken sausage, sliced
- ¼ cup Parmesan, grated
- Sea salt and cracked black pepper, optional



## Preparation

1. In a pot of salted boiling water, cook the broccoli rabe until tender, about 3–4 minutes. Drain and cool under cold water. Pat dry on paper towels and then chop.
2. In a large skillet, toast steel cut oats over medium heat for 5 minutes until fragrant and nutty, stirring constantly. Add vegetable broth and bring to a boil. Reduce heat to low and simmer, stirring occasionally until oats have thickened, about 20 minutes.
3. While oats are cooking, heat 1 tablespoon olive oil in a skillet. Add sausage and cook until lightly browned. Add another tablespoon olive oil, garlic and red pepper and cook for 1 minute. Add broccoli rabe and cook until tender, 3–4 minutes.
4. Combine the sausage and broccoli rabe with oats and mix to combine.
5. Divide among bowls and top with Parmesan.

**NUTRITION FACTS (PER SERVING):** 390 calories, 19 g fat, 4 g sat fat, 40 mg cholesterol, 665 mg sodium, 37 g total carb, 6 g fiber, 4 g sugar, 20 g protein, 10% DV calcium, 0% DV vitamin D, 70% DV vitamin C, 10% DV vitamin A, 10% DV potassium, 15% DV iron, 25% DV thiamin, 15% DV magnesium, 2 g added sugar

**QUAKER**



## Savory Pesto Oatmeal Bowl

**QUAKER**

Servings: 1 | Prep Time: 5 minutes | Cook Time: 5 Minutes

# Savory Pesto Oatmeal Bowl

Brought to you by Cara  
Harbstreet, MS, RD, LD



## Ingredients

- $\frac{3}{4}$  cup Quaker® Old Fashioned Oats
- $\frac{3}{4}$  cup water
- $\frac{3}{4}$  cup fresh spinach, chopped
- 2 tablespoons prepared pesto sauce
- 2 tablespoons sun-dried tomatoes, chopped (not packed in oil)
- 1 large egg
- $\frac{1}{8}$  teaspoon black pepper
- $\frac{1}{16}$  teaspoon salt



## Preparation

1. Heat a non-stick skillet over medium-high heat.
2. Place the oats, chopped spinach, and water into a microwave safe bowl and stir to combine. Microwave on HIGH for 2  $\frac{1}{2}$ -3 minutes or until fully cooked, then stir again.
3. While the oats are heating, cook the egg to over-easy or over-medium, flipping once. When the oats are finished cooking, add the prepared pesto sauce and sun-dried tomatoes, then stir to combine. Season with salt and pepper to taste, then top with the cooked egg and serve immediately.

### COOK NOTE:

May substitute a hard-boiled egg (sliced) for convenience. Add more or less water to this recipe to create your desired consistency.

### NUTRITION FACTS (PER SERVING):

460 calories, 22 g fat, 4 g sat fat, 190 mg cholesterol, 550 mg sodium, 48 g total carb, 8 g fiber, 4 g sugar, 18 g protein, 10% DV calcium, 6% DV vitamin D, 15% DV vitamin C, 25% DV vitamin A, 15% DV potassium, 25% DV iron, 30% DV thiamin, 30% DV magnesium, 0 g added sugar

**QUAKER**



## Triple Berry Oat Smoothie

**QUAKER**

Servings: 1 | Prep Time: 15 minutes

# Triple Berry Oat Smoothie



## Ingredients

- ½ cup Quaker® Oats (quick or old fashioned, uncooked)
- ¼ cup fresh blueberries
- ¼ cup fresh blackberries
- ¼ cup fresh raspberries
- 1 small ripe banana, cut into pieces
- ½ cup water
- 1 to 2 teaspoons honey (optional)
- Ice cubes (optional)



## Preparation

1. Place oats in blender container. Blend until oats are finely ground.
2. Add berries, banana and water and honey, if desired. Blend until mixture is smooth.

### COOK NOTE:

For colder smoothie, add 2 to 4 ice cubes and continue blending until smooth.

### NUTRITION FACTS (PER SERVING):

330 calories, 3 g fat, 1 g sat fat, 0 mg cholesterol, 10 mg sodium, 72 g total carb, 12 g fiber, 28 g sugar, 8 g protein, 4% DV calcium, 0% DV vitamin D, 30% DV vitamin C, 2% DV vitamin A, 15% DV potassium, 15% DV iron, 20% DV thiamin, 25% DV magnesium, 9 g added sugar

**QUAKER**

## Apple Cinnamon Overnight Oats



**QUAKER**

Servings: 1

# Apple Cinnamon Overnight Oats



## Ingredients

- ½ cup Quaker® Old Fashioned Oats
- ½ cup nonfat milk
- ¼ cup plain, nonfat yogurt
- ½ cup apple, chopped
- ½ teaspoon ground cinnamon
- 1 teaspoon honey
- 1 teaspoon chia seeds



## Preparation

1. Add oats to your container of choice and pour in milk and nonfat yogurt.
2. Add in a layer of chopped apples, and top off with cinnamon, drizzle of honey, and chia seeds.
3. Place in fridge and enjoy in the morning or a few hours later! Let steep for at least 8 hours in a refrigerator 40°F or colder. Best to eat within 24 hours.

## NUTRITION FACTS (PER SERVING):

300 calories, 4 g fat, 1 g sat fat, less than 5 mg cholesterol, 100 mg sodium, 54 g total carb, 7 g fiber, 24 g sugar, 14 g protein, 25% DV calcium, 8% DV vitamin D, 4% DV vitamin C, 8% DV vitamin A, 10% DV potassium, 15% DV iron, 25% DV thiamin, 25% DV magnesium, 6 g added sugar

**QUAKER**



## Oat Black Bean Vegetable Burgers

Dairy-free, gluten-free if made with Quaker  
Gluten Free Oats, nut-free, vegetarian

**QUAKER**

Servings: 4 | Prep Time: 20 minutes | Cook Time: 20 minutes

# Oat Black Bean Vegetable Burgers

Brought to you by  
Jessica Ivey, RDN



## Ingredients

- 2 cups Quaker® Oats (quick or old fashioned, uncooked), divided
- 1 (15-ounce) can no-salt-added black beans, drain and reserve liquid
- 1 tablespoon olive oil, divided
- 1 ½ cups coarsely chopped, peeled eggplant
- 1 cup chopped cremini or button mushrooms
- ½ cup chopped onion
- 1 clove garlic, minced
- 1 teaspoon dried thyme leaves, crushed
- Coarse grind black pepper to taste
- 2 egg whites
- ½ cup chopped fresh parsley (optional)
- ¼ teaspoon salt (optional)



## Preparation

1. Place 1 ½ cups oats and the beans in food processor.
2. Heat ½ tablespoon olive oil in large nonstick skillet over medium heat. Add eggplant, mushrooms, onion and garlic. Cook 10 minutes or until eggplant is tender, stirring frequently; reduce heat to medium-low if ingredients are browning too quickly.
3. Stir in thyme and black pepper, as desired. Cool slightly.
4. Meanwhile, pulse oats and beans to combine; mixture should be chunky.
5. Add eggplant mixture to food processor with oats. Add egg whites. Pulse just until mixture is combined but still has texture. Mixture should be moist. (Add reserved bean liquid a small amount at a time if more moisture is needed.)
6. Stir in remaining ½ cup oats, parsley and salt, if desired. Let stand 5 to 10 minutes.
7. Shape into 4 patties.
8. Heat remaining ½ tablespoon oil in large nonstick skillet over medium-low to medium heat. Cook patties 3 to 5 minutes per side, until browned.

### NUTRITION FACTS (PER SERVING):

304 calories, 5g fat, 1g sat fat, 0mg cholesterol, 37mg sodium, 52g carbohydrates, 16g fiber, 3g sugar, 15g protein, 10% DV calcium, 3% DV Vitamin D, 20% DV Vitamin C, 5% DV Vitamin A, 19% DV potassium, 25% DV iron, 33% DV thiamin, 27% DV magnesium, 0 g added sugar

**QUAKER**