



## STRAWBERRIES AND CREAM OATMEAL WITH QUAKER® KETTLE HEARTY OATS

**Each Serving Provides:**

**1 OEG**  
**3/8 c. Fruit**

### Strawberries and Cream Oatmeal QUAKER® Kettle Hearty Oats

INGREDIENT	QUANTITY 100 servings	1 Serving
<a href="#">QUAKER® Kettle Hearty Oats</a>	3 tubes (39 c.)	0.5 c.
Water	5 Gal. + 1 Qt.	3/4 c. + 1 tbsp
Sugar	3 C.	1 3/8 tsp.
Low-fat Ricotta Cheese	4 1/2 c.	2 1/8 tsp
Low-fat Plain or Vanilla Yogurt	3 c.	0.5 c.
Diced or Sliced Frozen Strawberries	36 c.	0.5 c.

#### PREPARATION

- In a large stockpot or steam kettle, bring the water to a boil.
- Add oats and sugar and return to a boil.
- Reduce heat and cook at a low simmer for 10 minutes.
- Turn off the heat and let stand covered or transfer to a steamtable pan and cover for 30 minutes or until all liquid is absorbed.
- Stir in the ricotta, yogurt and strawberries.
- Hold on steamtable on medium (#5 setting) up to 3 hours.

#### Nutritional Facts Panel

<b>Nutrition Facts</b>	
<b>1 Serving:</b>	
Calories	222
Saturated Fat	0.9g
Sodium	19.3mg