

# BANANA BAKED OATS WITH QUAKER KETTLE HEARTY® OATS



**B**aked oats, easily cut into squares, is a flavorful breakfast favorite. It can be made ahead and served warm or as a grab & go item. Various flavorings and fillings can be used to create seasonal favorites.

## **ONE SERVING PROVIDES:**

- 1 oz. eq. whole grain
- ½ oz. eq. meat/meat alternate
- ¼ cup fruit



**BANANA  
BAKED  
OATS  
WITH  
QUAKER  
KETTLE  
HEARTY®  
OATS**



INGREDIENTS	48 SERVINGS	DIRECTIONS
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	<p><b>For 48 servings: prepare two, 2-inch deep, full steamtable pans with pan spray. Preheat oven to 375 °F.</b></p> <ol style="list-style-type: none"> <li>1. Combine Quaker Kettle Hearty® Oats, brown sugar, baking powder, cinnamon, and salt in a large bowl. Mix thoroughly.</li> <li>2. Mash bananas in a mixer.</li> <li>3. Add milk and eggs. Whisk until combined.</li> <li>4. Add the dry ingredients to the wet ingredients.</li> <li>5. Distribute the oat mixture evenly between the steamtable pans. Sprinkle with granola and walnuts, if desired.</li> <li>6. Bake at 350 °F for 25 to 35 minutes or until set.</li> <li>7. Cut each pan 6 by 4 for 24 servings from each full sheet tray.</li> </ol>
Sugar, brown	1 cup	
Baking powder	2 tablespoons	
Cinnamon, ground	¼ cup	
Salt, kosher	½ teaspoon	
Bananas	9 ¼ pounds	
Milk, lowfat	2 quarts	
Egg, liquid	1 ¾ pounds	
Granola, reduced sugar	4 ounces	
Walnut, optional as garnish	As desired	

SUGGESTED ALTERNATE FILLINGS:	
Spiced pumpkin	Canned pumpkin, warm spices such as cinnamon, allspice, nutmeg, ginger
Chocolate brownie	Cocoa powder
Gingerbread	Ginger and other warm spices, molasses
Peanut butter	Peanut butter, honey, and banana create a naturally sweet combination
Apple cinnamon	Applesauce, cinnamon, maple syrup

NUTRITION INFORMATION - 1 SERVING								
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	220		Sodium	130	(mg)	Total Sugars	14	(g)
Total Fat	4.5	(g)	Protein	8	(g)	Added Sugar	5	(g)
Saturated Fat	1	(g)	Total Carbohydrate	41	(g)	Calcium	103	(mg)
Cholesterol	65	(mg)	Dietary Fiber	5	(g)	Iron	2	(mg)

# ORANGE & CREAMY OVERNIGHT OATS PARFAIT



**S**tudents love parfaits and they will devour this favorite flavor combination of orange juice, creamy yogurt and vanilla flavored overnight oats, topped with mandarin oranges, which was inspired by a favorite popsicle.

## **ONE SERVING PROVIDES:**

- 1 oz. eq. whole grain
- 1 oz. eq. meat/meat alternate
- ½ cup fruit





**ORANGE &  
CREAMY  
OVERNIGHT  
OATS  
PARFAIT**



INGREDIENTS	44 SERVINGS	DIRECTIONS
Yogurt, vanilla, lowfat	5 ½ quarts	1. In a large bowl, whisk yogurt, orange juice and vanilla.
Orange juice	2 quarts	
Vanilla extract	1 tablespoon	
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	2. Add Quaker Kettle Hearty® Oats and stir well to combine. <b>CCP: Cool in refrigeration to 70 °F within 2 hours and 40 °F within 4 hours. Hold for cold service at 40 °F.</b>
Mandarin oranges, canned, in juice	3 - #10 cans <i>(about 11 ¼ pounds drained oranges)</i>	3. Let sit for at least 3 hours or overnight.  4. Drain the mandarin oranges. 5. To build the parfait: <ul style="list-style-type: none"> <li>• Place a #16 scoop of mandarin oranges in the bottom of a 9-ounce cup.</li> <li>• Add the overnight oats using a slightly rounded #6 scoop.</li> <li>• Top with a #16 scoop of oranges.</li> </ul>

NUTRITION INFORMATION - 1 SERVING								
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	260		Sodium	70	(mg)	Total Sugars	24	(g)
Total Fat	3.5	(g)	Protein	9	(g)	Added Sugar	6	(g)
Saturated Fat	1	(g)	Total Carbohydrate	49	(g)	Calcium	188	(mg)
Cholesterol	5	(mg)	Dietary Fiber	4	(g)	Iron	2	(mg)

# DENVER HEARTY OAT BAKE WITH QUAKER KETTLE HEARTY® OATS



This easy to make oat bake combines hearty oats with all we love from a Denver omelet in one sheet tray bake. Diced peppers, onions, ham, Cheddar cheese, eggs, and oats create a filling, grab and go, low-sugar breakfast.

## **ONE SERVING PROVIDES:**

- 1 oz. eq. whole grain
- 2 oz. eq. meat/meat alternate
- 1/8 cup vegetable  
(with peppers and onions)



**DENVER  
HEARTY  
OAT BAKE  
WITH  
QUAKER  
KETTLE  
HEARTY®  
OATS**



INGREDIENTS	48 SERVINGS	DIRECTIONS
Quaker Kettle Hearty® Oats	48 ounces	<b>For 48 portions use 2 full sheet trays, cut each sheet tray 6 x 4 for 24 portions. Spray each sheet tray with pan spray.</b> 1. Mix together Quaker Kettle Hearty® Oats, granulated onion, garlic, salt, and pepper.
Onion, granulated	4 teaspoons	
Garlic, granulated	4 teaspoons	
Salt, kosher	2 teaspoons	
Pepper, black	2 teaspoons	
Milk, lowfat	3 quarts	2. Whisk together milk and eggs.
Eggs, liquid	3 pounds	
Peppers and onions, frozen, thawed	3 ¼ pounds	3. Add the dry ingredients to the wet ingredients. Mix until combined. Add thawed peppers and onions, diced ham, and cheese and combine until evenly distributed. Do not overmix.
Ham, diced	1 ½ pounds	
Cheese, Cheddar, reduced sodium, shredded	1 ½ pounds	4. Divide evenly between the sheet trays. 5. Bake for 35 minutes at 350 °F or until the egg is set. <b>CCP: Heat to 165 °F for 15 seconds</b> <b>CCP: Hold for hot service at 135 °F</b>

NUTRITION INFORMATION - 1 SERVING= ¾ CUP								
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	260		Sodium	370	(mg)	Total Sugars	5	(g)
Total Fat	11	(g)	Protein	16	(g)	Added Sugar	0	(g)
Saturated Fat	5	(g)	Total Carbohydrate	26	(g)	Calcium	209	(mg)
Cholesterol	130	(mg)	Dietary Fiber	3	(g)	Iron	2	(mg)



# APPLE PIE GRANOLA WITH QUAKER KETTLE HEARTY® OATS (REDUCED SUGAR)



**A**s schools continue to reduce sugar in breakfast items, this standardized granola recipe will minimize added sugar while maintaining a sweet, crunchy product perfect for breakfast applications. This base recipe is a starting point for a variety of flavor profiles and mix-in ingredients. For schools moving towards scratch food preparation this will assist operators in cross-utilizing the Quaker Kettle Hearty® Oats.

## **ONE ½ CUP SERVING PROVIDES:**

- 1 oz. eq. whole grain
- ¼ cup fruit (with raisins)



**APPLE PIE GRANOLA WITH QUAKER KETTLE HEARTY® OATS**

(REDUCED SUGAR)



INGREDIENTS	44 SERVINGS	DIRECTIONS
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	Preheat oven to 250 °F. 1. Combine Quaker Kettle Hearty® Oats, sugar, and dried coconut.
Sugar, brown	1 cup	
Coconut, dried, unsweetened, shredded	8 ounces	

**APPLE PIE SPICE**

Ginger, ground	½ teaspoon	2. To make the apple pie spice blend, combine ginger, nutmeg, cardamom, cinnamon, allspice, and salt. 3. Add the spice mixture to the oat mixture.
Nutmeg, ground	¾ teaspoon	
Cardamom, ground	¾ teaspoon	
Cinnamon, ground	2 tablespoons	
Allspice, ground	¾ teaspoons	
Salt, kosher	1 teaspoon	4. Combine the apple juice concentrate, oil, and vanilla extract. 5. Pour liquid mixture over the oat mixture. Toss well to combine. 6. Spread in a thin layer onto a parchment lined sheet tray. 7. Bake for 60 minutes, or until golden brown. Toss the granola every 20 minutes in the oven. 8. Cool.
Apple juice concentrate, thawed	16 ounces	
Oil, vegetable	¼ cup	
Vanilla extract	2 tablespoons	
Raisins, dark, optional	14 ounces	9. After the granola mixture is cooled, add optional dried fruit.
Raisins, golden, optional	14 ounces	

**NUTRITION INFORMATION - 1 SERVING= ½ CUP**

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	250		Sodium	50	(mg)	Total Sugars	21	(g)
Total Fat	7	(g)	Protein	5	(g)	Added Sugar	5	(g)
Saturated Fat	3.3	(g)	Total Carbohydrate	46	(g)	Calcium	37	(mg)
Cholesterol	0	(mg)	Dietary Fiber	5	(g)	Iron	2	(mg)



# PEACH & DRIED CHERRY - GRANBERRY COMPOTE HOT OATMEAL



This base recipe for hot oatmeal using Quaker Kettle Hearty® Oats is optimized for K-12 school nutrition operations. Various toppings or stir-ins can be added to customize the hot oatmeal. Consider using your salad bar as an oatmeal bar.

**ONE  $\frac{3}{4}$  CUP OF OATS  
AND  $\frac{1}{3}$  CUP OF FRUIT  
COMPOTE PROVIDES:**

- 1 oz. eq. whole grain
- $\frac{1}{2}$  cup fruit



**PEACH &  
DRIED  
CHERRY-  
CRANBERRY  
COMPOTE  
HOT  
OATMEAL**



INGREDIENTS	44 SERVINGS	DIRECTIONS
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	1. Combine the Quaker Kettle Hearty® Oats, hot water, and salt in a 4-inch deep, full steamtable pan. Stir to combine. Cover tightly. Place in a 375 °F oven for 45-50 minutes, until oats are tender and liquid is absorbed. 2. If liquid is still remaining, remove the cover and cook for an additional 10 minutes. <b>CCP: Hold for hot service at 135 °F or higher.</b>
Water	6 quarts	
Salt, kosher	1 tablespoon	

**PEACH & DRIED CHERRY-CRANBERRY COMPOTE**

Peaches, canned, sliced, with juice	106 ounces <i>(1 #10 can)</i>	3. Combine sliced peaches with juice, dried cherries, dried cranberries, cinnamon, and ginger in a 2-inch deep, full size steamtable pan. 4. Cook, uncovered, at 400 °F for 20 minutes, until dried fruit is plump and rehydrated. <b>CCP: Hold for hot service at 135 °F or higher.</b> <b>To serve:</b> <ul style="list-style-type: none"> <li>• Serve a 6 ounce ladle of oatmeal in a serving bowl.</li> <li>• Top with a #12 scoop (1/3 cup) of peach and dried fruit compote.</li> </ul>
Cherries, dried	1 pound	
Cranberries, dried	12 ounces	
Cinnamon, ground	2 teaspoons	
Ginger, ground	1 teaspoon	

**SUGGESTED ALTERNATE TOPPINGS:**

Blueberries, Strawberries, Bananas or Apples

NUTRITION INFORMATION - 1 SERVING								
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	200		Sodium	135	(mg)	Total Sugars	17	(g)
Total Fat	2	(g)	Protein	5	(g)	Added Sugar	5	(g)
Saturated Fat	0	(g)	Total Carbohydrate	43	(g)	Calcium	37	(mg)
Cholesterol	0	(mg)	Dietary Fiber	5	(g)	Iron	2	(mg)



# OAT SHEET TRAY PANCAKE WITH QUAKER KETTLE HEARTY® OATS



This base recipe standardizes a light, fluffy, oat sheet tray pancake that is a versatile addition to the breakfast menu. Possible flavor additions to the pancake could include gingerbread, pumpkin, or chocolate.

A variety of topping suggestions include baked cinnamon apples or blueberry lemon.

## **ONE SERVING PROVIDES:**

- 3 oz. eq. whole grain rich
- 1 oz. eq. meat/meat alternate
- ¼ cup fruit





**OAT SHEET  
TRAY  
PANCAKE  
WITH  
QUAKER  
KETTLE  
HEARTY®  
OATS**



INGREDIENTS		48 SERVINGS	DIRECTIONS
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	<p><b>For 48 portions, use two full-size sheet trays (18x24). Spray each with pan spray. Preheat oven to 375 °F.</b></p> <ol style="list-style-type: none"> <li>Combine Quaker Kettle Hearty® Oats and milk in a large container. Let sit for 15 minutes under refrigeration.</li> <li>Mix flour, baking powder, salt, and sugar together in a bowl.</li> <li>Whisk eggs until slightly beaten.</li> <li>Add eggs, oil and vanilla to the oat and milk mixture. Stir to combine.</li> <li>Add flour mixture. Stir until everything is mixed. Do not over mix.</li> <li>Divide batter between two pans evenly. Top with sliced strawberries (3 pounds 6 ounces per sheet tray).</li> <li>Sprinkle evenly with chocolate chips.</li> <li>Bake for 15 to 25 minutes, checking to make sure edges are not browning (if so, turn the oven down).</li> <li>Cut each sheet tray 4 by 6 for 24 servings per tray.</li> </ol> <p><b>CCP: Hold for hot service at 135 °F</b></p>	
Milk, lowfat	3 quarts		
Flour, all-purpose, enriched	2 ¼ pounds		
Baking powder	¼ cup		
Sugar, granulated	¼ cup		
Salt, kosher	1 teaspoon		
Eggs, whole, liquid	3 pounds		
Oil, vegetable	4 ounces		
Vanilla extract	2 ounces		
Strawberries, sliced, frozen	6 ¾ pounds		
Chocolate chips	1 cup		

**SUGGESTED ALTERNATE TOPPINGS:**

Banana, Cinnamon Apple or Blueberry

**NUTRITION INFORMATION - 1 SERVING**

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	320		Sodium	240	(mg)	Total Sugars	10	(g)
Total Fat	9	(g)	Protein	12	(g)	Added Sugar	4	(g)
Saturated Fat	2.5	(g)	Total Carbohydrate	50	(g)	Calcium	135	(mg)
Cholesterol	110	(mg)	Dietary Fiber	5	(g)	Iron	3	(mg)

# FRUIT GALORE OVERNIGHT OATS



**T**his versatile, no-cook overnight oats recipe provides a 1 oz. eq. whole grain and 1 oz. eq. meat/meat alternate, and is topped with  $\frac{1}{4}$  cup fruit. This recipe is standardized for 1 tube of Quaker Kettle Hearty® Oats and can include a variety of fruit toppings.

**A  $\frac{2}{3}$  CUP OF OATS AND  $\frac{1}{4}$  CUP OF FRUIT SERVING PROVIDES:**

- 1 oz. eq. whole grain
- 1 oz. eq. meat/meat alternate
- $\frac{1}{4}$  cup fruit



**FRUIT GALORE OVERNIGHT OATS**



INGREDIENTS	44 SERVINGS	DIRECTIONS
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	<p><b>For 44 servings (1 tube of Quaker Kettle Hearty® Oats) use a 4-inch deep, full size steamtable pan.</b></p> <p>1. Combine the Quaker Kettle Hearty® Oats, milk, and lowfat vanilla yogurt. Stir until well combined. Cover tightly and hold overnight oats in the refrigerator overnight.</p> <p><b>CCP: Cool in refrigeration to 70 °F within 2 hours and 40 °F within 4 hours. Hold for cold service at 40 °F.</b></p>
Milk, lowfat	2 quarts	
Yogurt, vanilla, lowfat	5 ½ quarts	
Wild blueberries, frozen	3 pounds	<p><b>To serve:</b></p> <ul style="list-style-type: none"> <li>• Portion oats into a 9-ounce plastic cup using a 6 ounce ladle. This can be done the day before service.</li> <li>• Top with ¼ cup of thawed wild blueberries.</li> <li>• Cover. Refrigerate until service.</li> </ul>
SUGGESTED ALTERNATE TOPPINGS		AMOUNT FOR 44 SERVINGS
Pears, canned, diced (roasted for enhanced flavor)		7 ½ pounds
Peaches, canned, diced		6 pounds
Strawberries, frozen, unsweetened, sliced		6 pounds
Dried fruits (cherries)		2 pounds
Crushed pineapple and coconut		6 pounds
Granola (for an extra 1 oz. eq. whole grain)		2 ¾ pounds

NUTRITION INFORMATION - 1 SERVING= ¾ CUP								
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	250		Sodium	90	(mg)	Total Sugars	18	(g)
Total Fat	4	(g)	Protein	10	(g)	Added Sugar	8	(g)
Saturated Fat	1.5	(g)	Total Carbohydrate	46	(g)	Calcium	231	(mg)
Cholesterol	10	(mg)	Dietary Fiber	4	(g)	Iron	1	(mg)
<b>NOTES:</b>	The overnight oats base can be held for up to 3 days in the refrigerator in an airtight container. Once topped for service, use within 24 hours. Make overnight oats the day before serving.							



# PUMPKIN OAT CRUNCH BAKE WITH QUAKER KETTLE HEARTY® OATS



A simple, but filling, breakfast bake that captures the flavors of fall. Perfect for schools that want to incorporate speed scratch on the breakfast menu while saving labor. An added benefit- this bar has a red/orange vegetable!

## **ONE SERVING PROVIDES:**

- 1 ¼ oz. eq. whole grain
- ⅛ cup vegetable
- ¼ oz. eq. meat/meat alternate



**PUMPKIN  
OAT  
CRUNCH  
BAKE  
WITH  
QUAKER  
KETTLE  
HEARTY®  
OATS**



INGREDIENTS	48 SERVINGS	DIRECTIONS
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	<p><b>For 48 servings: prepare two, 2-inch deep, full steamtable pans by spraying with pan spray. Each full steamtable pan is cut 4 by 6 for 24 servings per pan.</b></p> <ol style="list-style-type: none"> <li>1. Combine Quaker Kettle Hearty® Oats, flour, sugar, baking powder, cinnamon and salt in a large bowl.</li> <li>2. Cut the margarine or (butter) into the dry mixture (with a food processor or stand mixer) until dough resembles small pebbles and butter is evenly distributed.</li> <li>3. Add 2 cups of applesauce to the dough. Mix until applesauce is distributed throughout, but still crumbly.</li> <li>4. Reserve one-fourth of the dough for the topping.</li> <li>5. Divide the remaining dough in half. Place each half in one of the prepared pans. Spread evenly and press down firmly to create a crust.</li> </ol> <p><b>For the filling:</b></p> <ol style="list-style-type: none"> <li>6. Combine remaining applesauce (2 cups), pumpkin puree, brown sugar, eggs, vanilla extract, and seasonings. Whisk well. Divide the filling between prepared pans and spread over the crust.</li> <li>7. Sprinkle with reserved topping.</li> <li>8. Bake in a 350 °F oven for 35-45 minutes or until bars are set.</li> </ol> <p><b>CP: Cool in refrigeration to 70 °F within 2 hours and 40 °F within 4 hours. Hold for cold service at 40 °F.</b></p>
Flour, all-purpose, enriched	1 ½ pounds	
Sugar, brown	1 cup	
Baking powder	2 tablespoons	
Cinnamon, ground	4 tablespoons	
Salt, kosher	1 teaspoon	
Margarine or butter, unsalted	1 pound	
Applesauce, unsweetened, divided	1 quart	
Pumpkin puree	56 ounces	
Sugar, brown	1 cup	
Eggs, whole	8 each	
Vanilla extract	2 tablespoons	
Cinnamon, ground	4 teaspoons	
Nutmeg, ground	1 teaspoon	
Cloves, ground	½ teaspoon	
Ginger, ground	2 teaspoons	

**NUTRITION INFORMATION - 1 SERVING**

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	290		Sodium	150	(mg)	Total Sugars	12	(g)
Total Fat	11	(g)	Protein	7	(g)	Added Sugar	9	(g)
Saturated Fat	2	(g)	Total Carbohydrate	44	(g)	Calcium	60	(mg)
Cholesterol	50	(mg)	Dietary Fiber	4	(g)	Iron	2	(mg)



# CHEESY OAT RISOTTO WITH QUAKER KETTLE HEARTY® OATS



Using oats in a versatile, savory side dish creates a base recipe that can be used with many different flavor profiles. The oats have a risotto-like texture and K-12 students will love the cheesy flavor.

## **ONE SERVING PROVIDES:**

- 1 oz. eq. whole grain



**CHEESY OAT  
RISOTTO  
WITH  
QUAKER  
KETTLE  
HEARTY®  
OATS**

INGREDIENTS	44 SERVINGS	DIRECTIONS
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	1. Add Quaker Kettle Hearty® Oats to a size 6-inch deep, full steamtable pan.  2. Add broth, thyme, granulated onion, garlic, and Italian seasoning. Stir to combine.  3. Cover and place in a 400 °F oven for about 1 ½ hours.  4. Stir in 4 ½ ounces (1 ½ cups) of cheese. Return to the oven, uncovered, for 10 to 15 minutes.  <b>CCP: Hold for hot service at 135 °F</b>  5. Garnish with fresh thyme (optional) and remaining parmesan cheese.
Broth, chicken, low sodium	6 quarts	
Thyme, dried	1 tablespoon	
Onion, granulated	1 tablespoon	
Garlic, granulated	1 tablespoon	
Italian seasoning, salt-free	1 tablespoon	
Cheese, Parmesan, grated	6 ounces (2 cups)	

**SUGGESTED ALTERNATE TOPPINGS:**  
Chicken, Sausage or Vegetables

NUTRITION INFORMATION - 1 SERVING								
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	150		Sodium	110	(mg)	Total Sugars	1	(g)
Total Fat	4	(g)	Protein	8	(g)	Added Sugar	0	(g)
Saturated Fat	1	(g)	Total Carbohydrate	23	(g)	Calcium	56	(mg)
Cholesterol	5	(mg)	Dietary Fiber	3	(g)	Iron	2	(mg)

# SOUTHWEST CHEESY OAT BREAKFAST BOWL (WITH BEANS AND SALSA)



**S**outhwest and Mexican flavor profiles remain the number one choice with Gen Z and Gen Alpha students. This savory oatmeal meal bowl has a base of savory cooked oatmeal topped with scrambled egg, beans, and salsa. Perfect for a top your own breakfast bar.

## **ONE SERVING PROVIDES:**

- 1 oz. eq. whole grain
- 2 ¼ oz. eq. meat/meat alternate
- ½ cup vegetables

**SOUTHWEST  
CHEESY  
OAT  
BREAKFAST  
BOWL**  
(WITH BEANS  
AND SALSA)



INGREDIENTS	44 SERVINGS	DIRECTIONS
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	<b>Preheat oven to 350 °F.</b> 1. Combine Quaker Kettle Hearty® Oats, cumin, chili powder, garlic, granulated onion, and salt in a 4-inch deep, full steamtable pan. Stir to combine.
Cumin, ground	4 teaspoons	
Chili powder, mild	4 teaspoons	
Garlic, granulated	4 teaspoons	
Onion, granulated	2 teaspoons	
Salt, kosher	1 teaspoon	
Water	6 quarts	2. Add water. Cover tightly. Bake in a 350 °F oven for 45 to 50 minutes.
Cheese, cheddar, low sodium, shredded	1 pound	3. Stir in cheese and hold in a warmer. <b>CCP: Hold for hot service at 135 °F</b>
Eggs, scrambled	5 pounds	4. Prepare eggs according to package directions. Do not overcook. <b>CCP: Heat to 165 °F for 15 seconds</b>
Black beans, low sodium	1 ¼ #10 can <i>(about 5 pounds drained beans)</i>	<b>To serve:</b> Place a 6 oz. ladle (¾ cup) of oats on the bottom of the serving bowl. Top with the following ingredients: <ul style="list-style-type: none"> <li>• Black beans, #16 scoop (¼ cup)</li> <li>• Scrambled eggs, #16 scoop (¼ cup)</li> <li>• Salsa, #30 scoop (2 tablespoons)</li> <li>• Scallions, #30 scoop (2 tablespoons)</li> <li>• Cilantro, garnish</li> </ul> Alternatively, set up a "top your own" bar for service
Salsa	5½ cups	
Scallions, sliced thinly on bias	1 ½ pounds	
Cilantro, roughly chopped	1 cup	

**SUGGESTED ALTERNATE TOPPINGS FOR BAR:**

Pinto beans, Pickled red onions, Pickled jalapenos, Queso fresco, Cilantro, or Hot sauce.

**NUTRITION INFORMATION - 1 SERVING= ¾ CUP**

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	290		Sodium	420	(mg)	Total Sugars	3	(g)
Total Fat	11	(g)	Protein	15	(g)	Added Sugar	0	(g)
Saturated Fat	4.5	(g)	Total Carbohydrate	34	(g)	Calcium	164	(mg)
Cholesterol	155	(mg)	Dietary Fiber	5	(g)	Iron	3	(mg)

**NOTES:** Use hot water to speed cooking.



# STIR-FRIED OATS WITH QUAKER KETTLE HEARTY® OATS



Using oats in stir-fry creates a tasty alternative to brown rice. This Asian-inspired dish features colorful fruits and vegetables such as peas and carrots, sweet red peppers, green onions, and pineapple tidbits, sautéed and then stir-fried with cooked oats. Flavored with ginger, garlic, sesame oil and soy sauce. Great recipe for leftover, plain oats.

## ONE 1-CUP SERVING PROVIDES:

- 1 oz. eq. whole grain
- ¼ cup vegetable
- ⅓ cup fruit

### NUTRITION INFORMATION – 1 serving=1 cup

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	210		Total Carbohydrate	38	(g)
Total Fat	5	(g)	Dietary Fiber	5	(g)
Saturated Fat	1	(g)	Total Sugars	12	(g)
Cholesterol	0	(mg)	Added Sugar	5	(g)
Sodium	240	(mg)	Calcium	36	(mg)
Protein	6	(g)	Iron	2	(mg)



**STIR-FRIED  
OATS  
WITH  
QUAKER  
KETTLE  
HEARTY®  
OATS**



INGREDIENTS	44 SERVINGS	DIRECTIONS
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	1. Combine the Quaker Kettle Hearty® Oats and hot water in a 4-inch deep, full steamtable pan. Stir to combine. Cover tightly. Place in a 375 °F oven for 30-40 minutes or until oats are tender and liquid is absorbed. 2. Cool the oatmeal. <b>CCP: Cool in refrigeration to 70 °F within 2 hours and 40 °F within 4 hours. Hold for cold service at 40 °F.</b>
Water, hot	6 quarts	
Oil, sesame	½ cup	Preheat oven to 425 °F. 3. Divide the oatmeal between three full-sized sheet trays. 4. Drizzle each pan of oatmeal with sesame oil. Break up oats with a metal bench scraper. 5. Cook for 45-60 minutes. Stirring and breaking up with the bench scraper every 20 minutes.
Ginger, ground	4 teaspoons	6. In a bowl, mix together ginger, garlic, soy sauce, pineapple juice and brown sugar. Whisk to combine.
Garlic, granulated	4 teaspoons	
Soy sauce, reduced sodium	1 cup	
Sugar, brown	1 cup	
Pineapple juice (from canned pineapple tidbits)	1 cup	
Peas and carrots, frozen, thawed	3 ½ pounds	7. Once oats start to brown on top, but are still soft, add peas and carrots, mixed peppers, and drained pineapple tidbits.
Peppers, mixed, frozen, thawed	1 pound	8. Drizzle each pan with equal amounts of sauce. Toss with the bench scraper to combine.
Pineapple tidbits, packed in juice, drained (reserve juice)	1 #10 can <i>(about 8 cups drained pineapple)</i>	9. Place back in the oven for 15 minutes to warm through and reduce the sauce.
Green onions, sliced thinly on bias	½ pound	10. Remove from oven and garnish with scallions. <b>CCP: Heat to 165 °F for 15 seconds</b> <b>CCP: Hold for hot service at 135 °F</b>

# PIZZA VEGGIE BURGER WITH QUAKER KETTLE HEARTY® OATS



This recipe creates a hearty veggie burger with the pizza flavor that kids love. This recipe could utilize leftover Quaker Kettle Hearty® Oats, and also could be made ahead and frozen for future use. The recipe could also be used to make delicious veggie “meatballs”. This is a good recipe for leftover, plain oats.

## ONE SERVING PROVIDES:

- 3 oz. eq whole grain
- 2 oz eq. meat/meat alternate
- ½ cup vegetable

### NUTRITION INFORMATION – 1 serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	510		Total Carbohydrate	83	(g)
Total Fat	11	(g)	Dietary Fiber	10	(g)
Saturated Fat	3.5	(g)	Total Sugars	12	(g)
Cholesterol	15	(mg)	Added Sugar	5	(g)
Sodium	720	(mg)	Calcium	364	(mg)
Protein	27	(g)	Iron	6	(mg)





**PIZZA  
VEGGIE  
BURGER  
WITH  
QUAKER  
KETTLE  
HEARTY®  
OATS**



<b>INGREDIENTS</b>	<b>44 SERVINGS</b>	<b>DIRECTIONS</b>
Quaker Kettle Hearty® Oats	47 ounces <i>(1 tube)</i>	1. Combine the Quaker Kettle Hearty® Oats and hot water in a 4-inch deep, full steamtable pan. Stir to combine. Cover tightly. Place in a 375 °F oven for 30-40 minutes, until oats are tender and liquid is absorbed. 2. If liquid is still remaining, remove the cover and cook for an additional 10 minutes.
Water, hot	6 quarts	
Beans, great northern white beans, low sodium, drained	6 pounds drained beans <i>(about 1 ½ #10 cans or about 9 ½ pounds of beans with liquid)</i>	3. In a mixer, mash beans until creamy. 4. Add tomato paste, Italian seasoning, garlic, granulated onion, and salt. Mix well. 5. Add hot, cooked oats and blend well. 6. Place in a full-size steamtable pan and let cool until batter is stiff (overnight). <b>CCP: Cool in refrigeration to 70 °F within 2 hours and 40 °F within 4 hours. Hold for cold service at 40 °F.</b>
Tomato paste, unsalted	1 pound 10 ounces	
Italian seasoning, salt-free	¼ cup	7. Spray a parchment-lined, full-sized sheet tray with pan spray. 8. Scoop burgers onto the sheet tray using a #5 scoop. Gently press the burgers to flatten the top. Burgers should be thick, do not press too hard to flatten. Bake at 375 °F for 25 to 30 minutes, or until burgers are solid and firm. Flip and bake for an additional 15 minutes. 9. Top each veggie burger with a 1-ounce slice of mozzarella cheese. Place in a warmer. <b>CCP: Hold for hot service at 135 °F or higher.</b>
Garlic, granulated	4 teaspoons	
Onion, granulated	4 teaspoons	
Salt, kosher	2 teaspoons	
Mozzarella cheese, part skim, sliced	2 ¾ pounds	10. Warm the tomato sauce. To assemble the burger: <ul style="list-style-type: none"><li>Place the bottom of the bun on a sheet tray or steamtable pan (depending on your preference for service).</li><li>Spoon a #30 scoop (2 tablespoons) of tomato sauce into the inside of each bun. Scoop an additional #30 scoop of tomato sauce in a 2 oz. cup for dipping. Alternatively, place a #16 scoop of tomato sauce into a 2 oz. cup for dipping.</li><li>Place the veggie burger on the bun.</li><li>Garnish each burger with spinach leaves and place the bun on top.</li></ul> <b>CCP: Hold for hot service at 135 °F or higher.</b>
Tomato sauce, low sodium	3 quarts	
Bun, whole-grain rich, 2 oz. eq.	44 each	
Spinach, baby	1 pound	