

Recipe Inspiration



Apple Cranberry Oatmeal with Pecans

(1 serving)

Ingredients

- ½ cup Quaker® Old Fashioned Oats
- 1 cup low-fat milk
- ½ cup Granny Smith apple, diced
- 2 Tbsp dried cranberries
- 1 Tbsp diced pecans
- ½ tsp cinnamon

Instructions

1. Prepare oatmeal as usual.
2. Add toppings, stir, and enjoy!

Nutrition Info: Calories: 390 | Carbohydrates: 63g | Protein: 14g | Fat: 10g | Saturated Fat: 2.5g | Cholesterol: 10mg | Sodium: 95mg | Fiber: 8g | Sugar: 5g | Added Sugar: 10g | Potassium: 642mg | Vitamin D: 3mcg | Calcium: 39mg | Iron: 1mg

QUAKER



Pumpkin Baked Oatmeal with Apples & Pecans

(4 servings)



Ingredients

- 3 cups Quaker® Old Fashioned Oats
- 1 tsp pumpkin pie spice
- ½ tsp baking powder
- 1 can (15 ounces) pumpkin puree
- ½ cup nonfat milk
- ½ cup water
- 3 Tbsp maple syrup
- 1 egg, beaten, or 2 egg whites
- 1 tsp vanilla extract
- 1 cup chopped apples
- ½ cup chopped pecans



Instructions

1. Heat oven to 350°F. Spray 2-quart baking dish with nonstick cooking spray.
2. In large bowl, stir together oats, pumpkin pie spice and baking powder.
3. Stir in pumpkin, milk, water, syrup, egg and vanilla extract until well combined. Stir in apples.
4. Pour into baking dish. Sprinkle with pecans.
5. Bake 30 minutes or until knife inserted near center comes out clean. Let stand 10 minutes before serving.

Nutrition Info: Calories: 210 | Carbohydrates: 33g | Protein: 6g | Fat: 6g | Saturated Fat: 1g | Cholesterol: 25mg | Sodium: 50mg | Fiber: 6g | Sugar: 10g | Added Sugar: 5g | Potassium: 200mg | Vitamin D: 0mcg | Calcium: 87mg | Iron: 2mg

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Roasted Sweet Potatoes Steel Cut Oat Salad with Spinach, Avocado & Cranberries

(4 servings)



Ingredients

For Salad:

- 1 large sweet potato, peeled and cut into 1-inch pieces
- 1 Tbsp olive oil
- ½ tsp kosher salt
- ½ tsp freshly ground black pepper
- 1 cup Quaker® Steel Cut Oats
- 1 cup water
- ¼ tsp salt
- ¾ cup fresh spinach
- 1 fresh avocado, peeled, cored and cubed
- 2 Tbsp whole cranberries, dried

For Dressing:

- ¼ cup extra virgin olive oil
- 2 Tbsp white wine vinegar
- 1 large shallot, minced
- 1 Tbsp fresh lemon zest
- ¼ tsp kosher salt, optional
- ¼ tsp pepper, optional



Instructions

1. Preheat oven to 450°F.
2. Place the sweet potato pieces on a sheet pan and drizzle with 1 Tbsp olive oil, 1 tsp kosher salt, and pepper and toss well.
3. Arrange pieces in one layer and roast for 25 to 30 minutes, turning once.
4. In a large skillet, toast steel cut oats over medium heat for 5 minutes until fragrant and nutty, stirring constantly.
5. Boil water in a small saucepan. Transfer toasted oats to a large bowl and pour over boiling water and ¼ tsp salt.
6. Cover and let stand for 20 minutes or until oats have absorbed all the water. Fluff with a fork (note that oats are purposely undercooked to retain texture and bite).
7. To prepare the dressing, whisk together olive oil, vinegar, shallot, lemon zest, and salt & pepper.
8. In a large bowl, combine the cooled oats, sweet potatoes, spinach, avocado and cranberries. Add dressing and toss well to combine. Serve cold or at room temperature.

Cook's Note: If you prefer a softer oat texture, prepare oats the day before and store overnight in refrigerator until salad is assembled or pour boiling water over oats in the skillet and cook for 30 to 60 seconds before transferring to a large bowl.

Nutrition Info: Calories: 425 | Carbohydrates: 46g | Protein: 7g | Fat: 25g | Saturated Fat: 4g | Cholesterol: 0mg | Sodium: 480mg | Fiber: 9g | Sugar: 7g | Added Sugar: 3g | Potassium: 285mg | Vitamin D: 0mcg | Calcium: 37mg | Iron: 3mg



Vegetable & Beef Barley Soup

(12 servings)



Ingredients

- ½ pound lean ground beef
- ½ cup chopped onion
- 1 clove garlic, minced
- 7 cups water
- ½ cup Medium Quaker® Barley
- ½ cup sliced celery
- ½ cup sliced carrots
- ½ tsp basil
- 1 bay leaf
- 1 bag of frozen vegetables (9 ounces)



Instructions

1. In 4-quart saucepan or Dutch oven, brown ground beef.
2. Add onion and garlic. Cook until onion is tender; drain off juices.
3. Add remaining ingredients except frozen vegetables. Cover, bring to a boil.
4. Reduce heat; simmer 50–60 minutes, stirring occasionally.
5. Add frozen vegetables; cook about 10 or until vegetables are tender. Add additional water if soup becomes too thick upon standing.

Cook's Note: If using Quick Quaker® Barley, substitute ⅔ cup quick barley for medium barley and decrease water to 6 cups. Cook ground beef, onion and garlic as directed above. Add remaining ingredients including frozen vegetables. Bring to a boil. Reduce heat to low; cover. Simmer 15 to 20 minutes or until vegetables and barley are tender.

Nutrition Info: Calories: 80 | Carbohydrates: 10g | Protein: 7g | Fat: 2g | Saturated Fat: 1g | Cholesterol: 10mg | Sodium: 35mg | Fiber: 2g | Sugar: 2g | Added Sugar: 0g | Potassium: 79mg | Vitamin D: 0mcg | Calcium: 16mg | Iron: 0mg

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