BAKED OATMEAL

Culinary Intro:	This comforting oatmeal will fill up your house with the sweet aroma of cinnamon.
Nutrition Intro:	Breakfast is the most important meal of the day, it is the fuel to start the morning energized.

Prep Time: 1 hour		Carling arm / Naturities and Nature for Democratic			
Ingredients for 8 servings:		Culinary/ Nutrition Notes for Demo:			
Each serving = ½ cup		Culinary:			
Cost per serving=\$0.68	1	always make sure to preheat oven when baking or			
• 2 ½ cups rolled oats	T	roasting			
•					
• 1 teaspoon baking powder		Culinary:			
• ¼ teaspoon salt		oats have been important to the Scottish people, where			
 1 teaspoon ground cinnamon 		it became a staple crop and used in many preparations			
 ¼ teaspoon ground cardamom (optional) 		including breads, gruel and thickeners			
 2 ¼ cup low-fat milk or milk alternative, 		 oats absorb lots of liquid during the cooking process, but 			
unsweetened		also stay moist			
• 1 large egg		oats have a slightly sweet flavor			
 zest of 1 orange (optional) 		cinnamon and cardamom complement each other nicely			
 1 teaspoon vanilla extract 	2	and pair well with orange zest Nutrition:			
 scant, 1/3 cup real maple syrup or honey 		Oats area naturally gluten-free			
 1 Tablespoon melted butter or canola oil 		Oats contain beta-glucan fiber which may help lower			
 1 ½ cup mixed berries, cherries, or other seasonal 		cholesterol and strengthen the immune system.			
fruit		Apart from being used as a breakfast meal, oats can be			
 ¼ cup toasted pecans, chopped 		added to meat patties and burgers for binding; or they			
74 cup tousted peculis, elioppeu		can also be added to baked goods for fiber and added			
Steps:		nutrients.			
1. Preheat oven to 350°F. Grease a square baking		0.15			
dish (8 or 9").		Culinary:			
2. In a large bowl, whisk together the dry		wet ingredients will be absorbed by the oatsfruit can be fresh or frozen; frozen fruit will bleed into			
ingredients: rolled oats, baking powder, salt,		the baked oatmeal			
ground cinnamon and ground cardamom, if	_	a nice combination are cherries and blueberries			
using.	3	Nutrition:			
In a separate bowl, combine the milk, egg, zest of 1 orange, if using, vanilla, maple syrup or honey,		Most berries are rich in antioxidants that provide			
and melted butter or canola oil. Whisk well, and		protective properties to the brain, one example is			
then pour into dry ingredients. Fold in fruit.		blueberries.			
4. Scrape the mixture into the baking dish and		0.15			
lightly tap against the counter to release any air		Culinary:			
bubbles.		 to toast pecans, spread onto a baking sheet in an even layer; place in oven while oatmeal bakes for about 5 			
5. Bake for 25 minutes, and then sprinkle pecans.	4	minutes			
Bake for an additional 10 minutes.		• remove the pecans from the oven, let cool for about 2			
Remove the dish from the oven and let cool for about 10 minutes before serving.		minutes, and then proceed with recipe			
about to influtes before serving.		use other nuts like almonds or walnuts			
		Nutrition			
		Pecans are a rich source of monounsaturated fatty acids			
		or heart-healthy fats.			
		One serving size of pecans is about a small handful			

Nutrition Serving Size 1/2 Servings Per Co	cup ((149g)	cts			
Amount Per Serving	italiit	31 0				
Calories 240	Cald	ories fron	n Fat 70			
		% Da	aily Value*			
Total Fat 8g			12%			
Saturated Fat	13%					
Trans Fat 0g						
Cholesterol 30n	10%					
Sodium 210mg	'9		9%			
Total Carbohyd	rata 1	200	13%			
		bag				
Dietary Fiber 4	16%					
Sugars 18g						
Protein 7g						
Vitamin A 4%	• '	Vitamin (C 4%			
Calcium 10%	•	ron 10%				
*Percent Daily Values diet. Your daily values depending on your cal Calo	may be orie ne	e higher or I				
Total Fat Less Saturated Fat Less Cholesterol Less	than than than than than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g			

Fat 9 • Carbohydrate 4 •

Clean-up/Review comments Culinary/ Cook Once, Eat Twice:

This recipe can be enjoyed hot or cold. It can be prepared the night before and reheated in a warm oven for 15 minutes. It can also be prepared one evening and enjoyed for the rest of the week. For a decadent treat, serve warm with vanilla ice cream.

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Nutrition:

You can add other types of fruit for variation. This breakfast if rich in nutrients & flavor as well as calories, try following recommended serving size if you are being mindful about your calorie intake.

Materials	Shopping List	Qty.			
1. 1 cutting board	Produce				
2. 1 knife	□ 1 orange				
3. 1 bowl for trash	\Box 1 ½ cup fruit of choice such as blueberries, strawberries,				
4. 1 mixing bowl	cherries, or peaches (if using frozen, see below)				
5. 1 zester or microplane					
6. mise en place bowls					
7. silicone spatula	Dry Goods				
8. 1 small baking sheet	☐ 2½ cups rolled oats				
9. electric skillet	☐ baking powder				
10. measuring cups	☐ ¼ cup pecans				
11. measuring spoons					
12. paper plates/ cups/ soufflé cups	Daime				
13. paper towels	Dairy				
14. tablecloth					
15. kitchen towel	2 ½ cups low-fat milk or unsweetened milk alternative				
16. gloves	butter				
17. copies of recipe	Perishables				
Note: Ingredients will need to be	□ real maple syrup				
Note: Ingredients will need to be doubled to be able to prepare prior to					
demo.	Condiments				
dellio.	\square vanilla extract				
	\square ground cinnamon				
	☐ ground cardamom				
	\Box salt				
	Frozen				
	\square 1 ½ cup frozen fruit such as berries, cherries, or peaches				
	Paper Goods				
	□ bowls, spoons, napkins				
Prepping for demo:					

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe; prepare a batch of baked oatmeal, cook and store for demo
- Label all mise en place items
- Make sure to leave a portion of the produce intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: ½ hour