

Recipes Using Old Fashioned Oatmeal



Oatmeal Banana Bread

You will need:

1 cup old fashioned oatmeal	$\frac{1}{2}$ cup vegetable oil or shortening	$\frac{1}{2}$ cup 2% milk
1 cup packed brown sugar	2 large eggs	2 cups all-purpose flour
2 cups (4 - 6 bananas) mashed ripe bananas	1 tbsp. baking powder	$\frac{1}{2}$ tsp. baking soda
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ tsp. cinnamon	$\frac{1}{4}$ tsp. nutmeg (optional)
$\frac{1}{2}$ tsp. vanilla (optional)	2/3 cup chocolate chips or chopped walnuts (optional)	

Instructions:

- Preheat oven to 350 degrees F. Grease a 9 x 5-inch loaf pan.
- In a bowl, combine the brown sugar, vegetable oil, milk, and eggs. Mix until combined. Stir in bananas.
- In another bowl, combine the oats, flour, baking powder, soda, salt, cinnamon, and nutmeg.
- Add the dry ingredients to the wet ingredients all at once and stir until combined.
- Pour the batter into the loaf pan. Bake in oven 55 - 65 minutes or until toothpick comes out clean.
- Cover the top of the loaf halfway through baking to avoid overbrowning the loaf. Cool for 15 minutes.

Oatmeal Buttermilk Pancakes

You will need:

2 cups old fashioned oatmeal	$\frac{1}{2}$ cup flour	2 tbsp. sugar
2 cups buttermilk*	1 tsp. baking powder	1 tsp. baking soda
2 eggs, beaten	$\frac{1}{4}$ cup oil	pinch of salt

Instructions:

- In a large bowl, blend the dry ingredients. In a separate bowl, mix buttermilk, eggs, and oil.
- Add to the dry mix, blending well. Allow to stand at least 30 minutes before using.
- Oil a griddle or frying pan and heat for a few minutes. Pour $\frac{1}{4}$ cup mix per pancake into the griddle.
- The batter is thick so you will need to spread it out using the back of a spoon. Cook over medium heat.
- Because of the thickness of this batter, these cakes will take longer to cook than other pancakes.
- Depending on how large you make the pancakes, they may take 15 - 20 min. Well worth it!
- * You may also use 2 cups milk and add 2 tbsp. lemon juice or vinegar. Let stand for 10 minutes.

Oatmeal Meatloaf

You will need:

$\frac{3}{4}$ cup old fashioned oatmeal	$\frac{3}{4}$ cup finely chopped onion	$\frac{1}{2}$ cup ketchup
1 $\frac{1}{2}$ lbs. lean ground beef or turkey	1 tbsp. Worcestershire sauce	1 egg, lightly beaten
2 cloves garlic, minced	$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. black pepper

Instructions:

- Preheat oven to 350 degrees F. Combine all ingredients in a large bowl. Mix thoroughly.
- Shape mix into a 10 x 6-inch loaf pan on a rack of broiler pan to catch drippings.
- Bake 50 - 55 min. or until meatloaf is baked to medium doneness, about 160 degrees F.
- There should be no pink in the center or in the juices. Let stand for 10 minutes before slicing.

Oatmeal Parmesan Chicken

You will need:

2 cups old fashioned oatmeal	3 garlic cloves, minced	2/3 cup Parmesan cheese, grated
1 tsp. salt	1 tsp. paprika	1/2 tsp. black pepper
1/2 tsp. each dried basil, oregano, parsley or 1 1/2 tsp. Italian seasoning	1/2 cup oil	1/2 cup milk
2 lb. boneless, skinless chicken breast fillets	1/2 cup butter, melted	cooking spray

Instructions:

- Position rack at center of oven. Preheat oven to 375 degrees F. Pat chicken dry using paper towels.
- In a blender, food processor, (or chop by hand), chop garlic and then add oats, cheese, and spices.
- Process for about 1 minute. Pour mixture into a pie plate. Dredge chicken pieces into the mixture.
- Dip the dredged pieces into the milk and then dredge them in the oat mixture again.
- Place the chicken on a 15 x 10-inch pan or baking tray. Drizzle with butter.
- Bake for 25 - 30 minutes or until chicken is cooked through.

Oatmeal Juicy Hamburgers

You will need:

1/2 cup old fashioned oatmeal	1 egg lightly beaten	1 tbsp. finely chopped onion	1 lb. ground beef
1/2 cup ketchup, tomato sauce, or BBQ sauce	2 tbsp. prepared mustard	1/2 tsp. each salt and black pepper	

Instructions:

- In a medium bowl, combine all ingredients. Shape into six 1/2-inch thick patties.
- Cook patties four to six minutes on each side to medium (160 degrees F.) until no pink in center.

Oatmeal Raspberry Bars

You will need:

2 1/2 cups old fashioned oatmeal	3/4 cup butter or margarine, melted	1 1/2 cups raspberry jam
1 (15.25 oz.) box yellow cake mix	1/2 tsp. vanilla	1 tbsp. water

Instructions:

- Preheat oven to 350 degrees F. Grease a 13x9-inch baking pan.
- Mix dry cake mix, oats, and butter in a large bowl until well blended.
- Press half the mixture evenly onto the bottom of prepared baking pan.
- Mix jam, vanilla, and water in a small bowl. Spread mixture over crust.
- Sprinkle remaining cake-oat mixture over top. Bake 23 - 30 minutes until top is browned. Cool.

Oatmeal Apple Crisp

You will need:

1 cup old fashioned oatmeal	5 - 7 medium apples, sliced	2 tbsp. flour
3/4 cup sugar	1 tsp. cinnamon	1 tbsp. lemon juice
1/2 cup brown sugar	3/4 cup flour	1/2 cup butter

Instructions:

- Preheat oven to 350 degrees F. Use a 9-inch square pan. Peel and slice apples.
- Sprinkle with lemon juice. Mix with 2 tbsp. flour and 3/4 cup sugar. Set aside.
- In a separate bowl, combine brown sugar, oatmeal, 3/4 cup flour, and butter.
- Press half of the mixture into the pan. Put apple mixture on top of crust and sprinkle with cinnamon.
- Put the remaining crust mixture on top. Bake for 45 minutes at 350 degrees F.