



# Home on the Range

## Make It With Oats

Whole grains shine nutritionally because many of the naturally occurring nutrients and health-enhancing nutrients and substances in grains are located in the germ and bran layers.

Grains can be divided into two categories — whole grains and milled grains.

Whole grains are made up of three layers: the germ (innermost layer), the endosperm (middle layer) and the bran (outer layer). Milled grains in contrast have had its bran and germ removed.

Whole grains contain disease fighting elements — fiber, antioxidants, phytochemicals, and phytoestrogens.

About 50-80 percent of the minerals in grain, including copper, zinc, and magnesium are found in the bran, which makes whole grains rather than milled grains more desirable for health purposes.

But the goodness of whole-grain food goes beyond bran. Whole grains contain hundreds of nutrients and potential disease-fight substances, which may work alone, but more likely to work together to yield the beneficial effects researchers are just beginning to understand.

Oats are a good source of soluble fiber, which is known to help lower blood cholesterol levels and help keep blood sugar levels in control. Old-fashioned and quick oats can easily be incorporated into many of your recipes to give that added nutrition boost.

Try these recipes for a great start toward total nutrition in the year 2001.

### PRIZE-WINNING MEAT LOAF

- 1 1/2 pounds lean ground beef
- 1 cup tomato juice or tomato sauce
- 1/2 cup quick or old-fashioned oats, uncooked
- 1 egg or 2 egg whites, lightly beaten
- 1/4 cup chopped onion
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon pepper

Heat oven to 350 degrees. In large bowl, combine all ingredients; mix lightly but thoroughly. Press meat loaf mixture into 8x4-inch loaf pan.

Bake one hour until meat loaf is to medium doneness and center is no longer pink. Let meat loaf stand 5 minutes; drain off any juices before slicing. 8 servings.

Variations: Add one of the following to meat loaf ingredients:

- 1/2 cup chopped green or red bell pepper
- 2 1/2-ounce jar sliced mushrooms, drained
- 1/4 cup grated parmesan cheese
- 2 tablespoons finely chopped parsley or cilantro

Toppings (optional):

- After removing meat loaf from oven and draining, sprinkle with 1 cup shredded cheese. Let stand 5 minutes before serving.
- Spoon prepared spaghetti sauce, pizza sauce, barbecue sauce or salsa over each serving.

### CREAMY MAPLE CRANBERRY OAT-MEAL

- 3 1/2 cups skim or lowfat milk
- 1/4 teaspoon salt (optional)
- 2 cups quick or old-fashioned oats, uncooked
- 1/2 cup dried cranberries
- 1/4 cup maple-flavored syrup, regular or light
- 1/4 cup toasted wheat germ

In medium saucepan, bring milk and salt to a gentle boil. Watch carefully. Stir in oats, cranberries, and maple syrup. Return to a boil; reduce heat to medium. Cook one minute for quick oats, 5 minutes for old-fashioned oats or until most of milk is absorbed, stirring occasionally. Let stand until desired consistency. Stir in wheat germ.

Spoon oatmeal into four cereal bowls. Drizzle with additional syrup, if desired. Serve with milk or yogurt, if desired.

### NOT-SO-SINFUL BROWNIES

- 1/4 cup vegetable oil
- 3 squares (3 ounces) unsweetened chocolate
- 1 1/4 cups granulated sugar
- 1/2 cup applesauce
- 4 egg whites or 2 eggs, lightly beaten
- 1 teaspoon vanilla
- 1 cup quick or old-fashioned oats, uncooked
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt (optional)
- Powdered sugar (optional)

Heat oven to 350 degrees. Lightly spray bottom only of 13x9-inch baking pan with non-stick cooking spray. In large saucepan, combine oil and chocolate. Heat over low heat, stirring frequently, until chocolate is

melted. Remove from heat; cool slightly. Add sugar and applesauce; mix well. Stir in egg whites and vanilla; mix well. Add combined oats, flour, baking powder, and salt; mix well. Spread evenly in prepared pan. Bake 22-25 minutes or until center is almost set and edges pull away from sides of pan. Do not over bake. Cool completely. Sprinkle with powdered sugar just before serving, if desired. Cut into bars. Store loosely covered. 24 bars.

### STUFFED MINI MEAT LOAVES

- 1/2 cup frozen chopped broccoli, thawed
- 1/2 cup shredded cheddar or Colby-Jack cheese
- 1 pound lean ground beef
- 1/2 cup quick or old-fashioned oats, uncooked
- 1/2 cup ready-to-serve beef broth, divided
- 1 1/2 teaspoons Worcestershire sauce
- 1/2 to 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup catsup (optional)

In small bowl, combine broccoli and cheese; set aside.

In medium bowl, combine ground beef, oats, 1/4 cup broth, Worcestershire sauce, salt and pepper; mix lightly but thoroughly. Shape meat loaf mixture into four 1/2-inch thick patties (approximately 4-inch diameter). Place an equal amount of filling in center of each patty; bring up edges to enclose filling, shaping to form oval loaf.

Heat medium nonstick skillet over medium heat until hot. Place meat loaves in skillet; brown 3 minutes on each side. Add remaining 1/4 cup broth; reduce heat to medium-low. Cover; simmer 12-14 minutes or until meat is no longer pink.

To serve, top each meat loaf with one tablespoon catsup, if desired. Serves 4.



## Oat History

According to information from Onhealth.com, oat straw, or "Avena sativa" in Latin, is the above ground part of a plant more often associated with the commercial product milled from its seed.

The cultivation of oatmeal dates back to at least 2000 B.C.E. Oats are native to warm Mediterranean regions of the world. In Europe, the oat plant is used for much more than its yield of grain.

Extracts and tinctures prepared from the oat straw and the plant's immature, milky seed are readily available. These formulas are used as a nervous system restorative, to assist convalescence, and to strengthen a weakened constitution.



Italian Pesto Oat Rolls combine eye appeal with taste and nutrition.

## Featured Recipe

Italian Pesto Oat Rolls won the \$2,000 first prize in the muffins/bread category of the seventh annual Quaker Oatmeal "Bake It Better With Oats" Recipe Contest.

Italian Pesto Oat Rolls are the perfect accompaniment for soups, salads, and pastas. This made-from-scratch yeast roll blends Old World flavor and the wonderful hearty texture of oats with contemporary convenience.

For more recipes using oats, write to The Oat Expert, 225 W. Washington, Suite 1440, Chicago, IL 60606.

### ITALIAN PESTO OAT ROLLS

- 1 1/4 to 2 1/2 cups all-purpose flour
- 1 cup quick or old-fashioned oats, uncooked
- 1/2 cup fresh shredded Parmesan cheese
- 2 tablespoons sugar
- 1/4-ounce package quick-rising yeast
- 1 1/4 teaspoon salt
- 1 teaspoon fennel seeds, coarsely crushed (optional)
- 1/4 cup water
- 2 tablespoons olive oil
- 1/4 cup refrigerated pesto sauce

Lightly spray baking sheet with no-stick cooking spray.

In large mixing bowl, combine 1 1/4 cups flour, oats, cheese, sugar, yeast, salt and fennel seeds; mix well. Heat water and oil until very warm. Add to flour mixture. By hand, gradually stir until dry ingredients are moistened. Stir in additional flour to make a soft dough that pulls away from sides of bowl.

Knead dough on lightly floured surface 5 minutes or until smooth and elastic, lightly sprinkling work surface and hands with additional flour if dough is sticky.

Roll dough into 10-inch circle. Cut into 12 wedges. Spread about 1 teaspoon pesto across each wedge. Roll up tightly from wide end. Place rolls seam side down on baking sheet; gently push ends down. Cover with damp cloth. Let rolls rise in warm place 30 minutes.

Heat oven to 350 degrees. Bake rolls 20-22 minutes or until light golden brown. Serve warm. 1 dozen.

If desired, after rolls have risen, brush tops lightly with olive oil and sprinkle with oats.

For bread machines: Add 1 1/4 cup flour, the oats, cheese, sugar, 2 1/2 teaspoons bread machine yeast or quick-rising yeast, salt, fennel, water (at room temperature) and olive oil to bread machine pan in order recommended by manufacturer. Select dough/manual cycle. When cycle is complete, remove dough from machine to a lightly floured surface. If necessary, knead in enough additional flour to make dough easy to handle. Proceed as directed above.

Nutrition information: 1 roll. Calories 180, total fat 7 g, saturated fat 1.5 g, cholesterol less than 5 mg, sodium 330 mg, carbohydrate 23 g, dietary fiber 1 g, protein 5 g.

## Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

### January

- 13 - Soups And Stews
- 20 - Using Yogurt
- 27 - Superbowl Ideas

### February

- 3 - Heart-Healthy Recipes