



## QUAKER OATS® RECIPES



**"YOU'RE NEVER TOO YOUNG  
TO START TAKING CARE OF YOUR HEART."**





## Veggie Burgers



# Veggie Burgers

8 servings

## Ingredients

- 3 teaspoons vegetable oil, divided
- 1 cup sliced mushrooms
- 1 cup shredded carrots (about 2)
- ¾ cup chopped onion (about 1 medium)
- ¾ cup chopped zucchini (about 1 small)
- 2 cups **Quaker® Oats** (quick or old fashioned, uncooked)
- 1 15-ounce can kidney beans, rinsed and drained
- 1 cup cooked white or brown rice
- ½ cup chopped fresh cilantro or chives (optional)
- 2 tablespoons soy sauce or ½ teaspoon salt
- 1 teaspoon minced garlic
- ⅛ teaspoon black pepper
- Hamburger buns and toppings (optional)

## Preparation

Heat 1 teaspoon oil in large non-stick skillet. Add mushrooms, carrots, onions and zucchini; cook over medium-high heat 5 minutes or until vegetables are tender.

Transfer vegetables to food processor bowl. Add oats, beans, rice, cilantro, soy sauce, garlic and pepper. Pulse for about 20 seconds or until well blended. Divide into eight ½ cup portions. Shape into patties between waxed paper. Refrigerate at least 1 hour or until firm.

Heat remaining 2 teaspoons oil in same skillet over medium-high heat. Cook patties 3 to 4 minutes on each side or until golden brown. Serve on buns with toppings, if desired.

## Nutrition Information

**⅛ of recipe:** Calories 180, Calories From Fat 35, Total Fat 3.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 270mg, Total Carbohydrates 30g, Dietary Fiber 5g, Protein 8g.



**Apple Oatmeal Spice Cookies**



# Apple Oatmeal Spice Cookies

About 3 dozen

## Ingredients

- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt (optional)
- ¼ teaspoon ground nutmeg (optional)
- ⅔ cup firmly packed brown sugar
- ¼ cup granulated sugar
- ¼ cup (½ stick) light butter
- ¾ cup unsweetened applesauce or apple butter
- 1 egg
- 2 tablespoons skim milk
- 2 teaspoons vanilla
- 3 cups **Quaker® Oats** (quick or old fashioned, uncooked)
- ¾ cup diced dried mixed fruit or raisins

## Preparation

Heat oven to 350°F. Lightly spray cookie sheets with cooking spray.

In large bowl, beat sugars and light butter with electric mixer until well blended. Add applesauce, egg, milk and vanilla; beat well. Add combined flour, baking soda, cinnamon, salt and nutmeg; mix well. Stir in oats and dried fruit; mix well (dough will be moist).

Drop dough by rounded tablespoonfuls onto cookie sheets, press lightly to flatten.

Bake 12 to 14 minutes or until edges are light golden brown. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely. Store tightly covered.

## Nutrition Information

**1 cookie:** Calories 80, Calories From Fat 15, Total Fat 1.5, Saturated Fat 0g, Cholesterol 0mg, Sodium 50mg, Total Carbohydrates 15g, Dietary Fiber 1g, Protein, 2g.



## Fruit and Honey Granola



# Fruit and Honey Granola

5 ½ cups

## Ingredients

- 3½ cups **Quaker® Oats** (quick or old fashioned, uncooked)
- ⅓ cup coarsely chopped pecans (optional)
- ½ cup honey
- 4 tablespoons (½ stick) margarine or butter, melted
- 1 teaspoon vanilla
- ½ teaspoon ground cinnamon
- ⅛-¼ teaspoon salt (optional)
- 1 6-ounce package diced dried mixed fruit (about 1⅓ cups)

## Preparation

Heat oven to 350°F.

In large bowl, combine oats and pecans; mix well. Spread evenly in 15 x 10-inch jelly roll pan or on rimmed baking sheet. In small bowl, combine honey, margarine, vanilla, cinnamon and salt; mix well. Pour over oat mixture; mix well.

Bake 30 to 35 minutes or until golden brown, stirring every 10 minutes. Stir in dried fruit. Cool completely. Store tightly covered up to 1 week.

## Cook's Tip

Substitute dried cranberries, chopped dried apricots or chopped dried peaches for dried mixed fruit.

## Nutrition Information

½ cup: Calories 230, Calories From Fat 50, Total Fat 6g, Saturated Fat 1g, Cholesterol 0mg, Sodium 70mg, Total Carbohydrates 41g, Dietary Fiber 4g, Protein 5g.



Lemon Blueberry Oatmeal Muffins



# Lemon Blueberry Oatmeal Muffins

*1 dozen*

## Ingredients

- 1 $\frac{3}{4}$  cups **Quaker® Oats** (quick or old fashioned, uncooked), divided
- 2 Tbsp. firmly packed brown sugar
- 1 cup all-purpose flour (add 2 tablespoons more if using old fashioned oats)
- $\frac{1}{2}$  cup granulated sugar
- 1 Tbsp. baking powder
- $\frac{1}{4}$  teaspoon salt (optional)
- 1 cup skim milk
- 2 egg whites or  $\frac{1}{4}$  cup egg substitute with yolk or 1 egg
- 2 Tbsp. canola oil
- 1 tsp. grated lemon peel
- 1 tsp. vanilla
- 1 cup fresh or frozen blueberries (do not thaw)

## Preparation

Heat oven to 400°F. Spray 12 medium muffin cups with cooking spray; set aside. For topping, combine  $\frac{1}{4}$  cup oats and brown sugar; set aside.

In large bowl, combine remaining  $1\frac{1}{2}$  cups oats with remaining dry ingredients; mix well. In small bowl, combine milk, egg substitute, oil, lemon peel and vanilla; mix well. Add to dry ingredients; stir just until moistened. (Do not overmix.) Gently stir in berries. Fill muffin cups almost full; sprinkle with topping.

Bake 18 to 22 minutes or until light golden brown. Cool muffins in pan on wire rack 5 minutes. Remove from pan. Serve warm.

## Nutrition Information

**1 muffin:** Calories 180, Calories From Fat 30, Total Fat 3.5, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 150mg, Total Carbohydrates 33g, Dietary Fiber 2g, Protein, 5g.



## Apricot Oatmeal Muffins



# Apricot Oatmeal Muffins

1 dozen

## Ingredients

- 1 cup *Quaker® Oats* (quick or old fashioned, uncooked)
- 1 cup low-fat buttermilk
- ¼ cup egg substitute or 2 egg whites, lightly beaten
- 2 tablespoons margarine, melted
- 1 cup all-purpose flour
- ⅓ cup finely chopped dried apricots
- ¼ cup chopped nuts (optional)
- 3 tablespoons granulated sugar or 2 tablespoons fructose or heat-stable sugar substitute equal to 3 tablespoons sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt (optional)

## Preparation

Heat oven to 400°F. Lightly spray twelve medium muffin cups with cooking spray.

In medium bowl, combine oats and buttermilk; mix well. Let stand 10 minutes. Stir in egg substitute and margarine until blended.

In large bowl, combine flour, apricots, nuts, sugar or sweetener, baking powder, baking soda and salt; mix well. Add oat mixture all at once; stir just until dry ingredients are moistened. (Do not overmix.) Fill muffin cups almost full.

Bake 20 to 25 minutes or until golden brown. Cool muffins in pan on wire rack 5 minutes; remove from pan. Serve warm.

## Nutrition Information

**1 muffin:** Calories 110, Calories From Fat 25, Total Fat 2.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 140mg, Total Carbohydrates 19g, Dietary Fiber 1g, Protein, 4g.



## Garden Salmon Loaf



# Garden Salmon Loaf

8 servings

## Ingredients

### Sauce

- $\frac{3}{4}$  cup frozen peas, thawed
- $\frac{3}{4}$  cup plain low-fat yogurt
- 1 tablespoon Dijon-style mustard
- 1 tablespoon chopped fresh dill weed or 1 teaspoon dried dill
- Black pepper, to taste

### Loaf

- 2 cans (15½ oz. each) salmon, drained, skin and bones removed
- 1 cup shredded carrots
- 1 cup **Quaker® Oats** (quick or old fashioned, uncooked)
- 1 cup plain low-fat yogurt
- $\frac{3}{4}$  cup sliced green onions
- 1 can (2½ oz.) sliced ripe olives (optional)
- 3 egg whites, lightly beaten
- $\frac{1}{3}$  cup chopped green bell pepper
- 1 tablespoon Dijon-style mustard
- $\frac{1}{4}$  teaspoon black pepper

## Preparation

For sauce, combine all ingredients into small bowl; mix well. Cover and chill.

Heat oven to 350°F. Spray 8 x 4-inch or 9 x 5-inch loaf pan with cooking spray.

For loaf, combine all loaf ingredients in large bowl; mix lightly but thoroughly. Press into pan; bake 50 to 60 minutes or until light golden brown. Let stand 5 minutes before slicing. Serve immediately with sauce.

## Nutrition Information

**$\frac{1}{8}$  of recipe:** Calories 240, Calories From Fat 70, Total Fat 8g, Saturated Fat 2g, Cholesterol 40mg, Sodium 650mg, Total Carbohydrates 16g, Dietary Fiber 2g, Protein 25g.



## Not-So-Sinful Brownies



# Not-So-Sinful Brownies

24 bars

## Ingredients

- ¼ cup vegetable oil
- 3 squares (3 ounces) unsweetened chocolate
- 1¼ cups granulated sugar
- ½ cup applesauce
- 4 egg whites or 2 eggs, lightly beaten
- 1 teaspoon vanilla
- 1 cup **Quaker® Oats** (quick or old fashioned, uncooked)
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon salt (optional)
- 1 tablespoon powdered sugar

## Preparation

Heat oven to 350°F. Lightly spray bottom only of 13 x 9-inch baking pan with cooking spray.

In large saucepan, heat oil and chocolate over low heat until chocolate is melted, stirring frequently. Remove from heat. Stir in granulated sugar and applesauce until sugar is dissolved. Stir in egg whites and vanilla until completely blended. Add combined oats, flour, baking powder and salt; mix well. Spread evenly into pan.

Bake 22 to 25 minutes or until edges begin to pull away from sides of pan. Cool completely in pan on wire rack. Cut into bars. Store tightly covered. Sprinkle with powdered sugar just before serving.

## Nutrition Information

**1 bar:** Calories 120, Calories From Fat 35, Total Fat 4g, Saturated Fat 1g, Cholesterol 0mg, Sodium 30mg, Total Carbohydrates 20g, Dietary Fiber 1g, Protein, 2g.



## Pumpkin Pecan Oatmeal



# Pumpkin Pecan Oatmeal

4 servings

## Ingredients

- 3 cups water
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon salt (optional)
- 2 cups **Quaker® Oats** (quick or old fashioned, uncooked)
- 1 cup canned pumpkin (not pumpkin pie filling)
- ⅓ cup firmly packed brown sugar
- 1 8-ounce container vanilla low-fat or nonfat yogurt
- 3 tablespoons coarsely chopped toasted pecans

## Preparation

In medium saucepan, bring water, pie spice and salt to a boil; stir in oats. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old fashioned oats or until most of liquid is absorbed, stirring occasionally. Stir in pumpkin and brown sugar; cook 1 minute. Let stand until desired consistency.

Spoon oatmeal into four cereal bowls. Top with yogurt and pecans.

## Microwave Directions

In 3-quart microwaveable bowl, combine water, pie spice, salt and oats. Microwave on HIGH 6 to 7 minutes for quick oats and 9 to 10 minutes for old fashioned oats or until most of liquid is absorbed. Stir in pumpkin.

## Nutrition Information

**1/4 of recipe:** Calories 330, Calories From Fat 60, Total Fat 7g, Saturated Fat 1g, Cholesterol less than 5mg, Sodium 55mg, Total Carbohydrates 59g, Dietary Fiber 6g, Protein 10g, Calcium 158mg.



## Vanishing Oatmeal Raisin Cookies



# Vanishing Oatmeal Raisin Cookies

4 dozen

## Ingredients

- ½ lb (2 sticks) margarine or butter, softened
- 1 cup firmly packed brown sugar
- ½ cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt (optional)
- 3 cups **Quaker® Oats** (quick or old fashioned, uncooked)
- 1 cup raisins

## Preparation

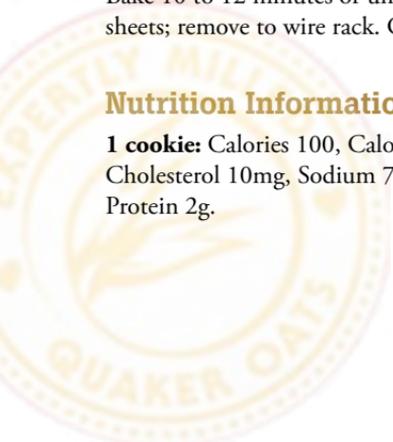
Heat oven to 350°F. In large bowl, beat margarine and sugars until creamy. Add eggs and vanilla; beat well. Add combined flour, baking soda, cinnamon and salt; mix well. Add oats and raisins; mix well.

Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.

Bake 10 to 12 minutes or until light golden brown. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely. Store tightly covered.

## Nutrition Information

**1 cookie:** Calories 100, Calories From Fat 36, Total Fat 4g, Saturated Fat 1g, Cholesterol 10mg, Sodium 75mg, Total Carbohydrates 13g, Dietary Fiber 1g, Protein 2g.





For more information on Quaker  
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