

THE SUMMER SIDE OF NUTRITION



How can you eat light — and still eat right — in summertime? Wholegrain oats not only help to make it possible, they also make it easy and fun.

With these recipes — portable, pretty and packable enough to fit right into your lifestyle — you'll see just how simple it is. You add natural wholegrain oats to the kinds of summertime foods you naturally enjoy.

Wholegrain oats, the quick or old fashioned oats you grew up on, contain seven B vitamins and vitamin E. They also supply minerals — nine in all: iron, calcium, magnesium, sodium, potassium, phosphorus, copper, manganese and zinc. They contain virtually no sugar, are low in sodium and calories, and provide fiber. And wholegrain oats are cholesterol free.

Join in the summer side of nutrition. Add wholegrain crunch toppings to main dishes and desserts. Use Ground Oat Flour in cool, fresh vegetable soups, cakes, or fish coatings. Serve side dishes of Golden Oats and taste what Toasted Oats do for cookies.

Nutritional values are listed for each recipe so you can literally see the value of wholesome wholegrain, summertime eating!

PORTABLE PICNIC CAKE

Crunch Topping:
1-1/4 cups quick oats, uncooked
2/3 cup firmly packed brown sugar
1/4 cup chunky style peanut butter, melted
1/4 cup butter or margarine, melted

Cake:
1/2 cup chunky style peanut butter
1/2 cup butter or margarine
1/2 cup firmly packed brown sugar
1-1/4 cups Ground Oat Flour*
1-1/4 cups all-purpose flour
1 tablespoon baking powder
3 eggs, beaten
2/3 cup milk
1/2 cup honey

For crunch topping, combine all ingredients; mix well.

For cake, beat together peanut butter, butter and sugar until creamy. Gradually add combined dry ingredients alternately with combined eggs, milk and honey, mixing well after each addition. Spread batter into greased 13x9-inch baking pan; sprinkle crunch topping evenly over batter. Bake at 350°F. for 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool. Makes 13x9-inch cake.

NOTE: To substitute old fashioned oats for quick oats, for crunch topping, increase oats to 1-1/2 cups.

Nutritional Information			
Serving Size	1 1/2 cups	% U.S. RDA	
Protein	11.1 g	17.1	
Carbohydrate	56.9 g		
Fat	22.5 g		
Calories	462		
Vitamin A	510 IU	10.2	
Thiamine	0.12 mg	8.0	
Riboflavin	0.15 mg	8.8	
Niacin	3.20 mg	16.0	
Calcium	82 mg	8.2	
Iron	2.51 mg	13.9	

SUMMER FRIED FISH

1 lb. fish fillets or 3 to 4 lb. fresh, cleaned fish
1 egg, beaten
1/4 cup milk
1/2 cup Ground Oat Flour*
1/4 cup enriched corn meal
2 teaspoons dry mustard
1 teaspoon baking powder
1/2 cup paprika
3/4 teaspoon salt

Dip fish into combined egg and milk; coat with combined remaining ingredients. Fry in 1/2-inch deep hot oil (375°F.) about 3 minutes per side or until crisp and golden brown, turning once. Drain on absorbent paper. Garnish with lemon slices and parsley, if desired. Makes 3 to 4 servings.

Nutritional Information			
These figures do not include the oil used in cooking.			
Serving Size	1/4 recipe	% U.S. RDA	
Protein	29.9 g	90.9	
Carbohydrate	25.9 g		
Fat	6.0 g		
Calories	329		
Vitamin A	800 IU	16.0	
Thiamine	0.15 mg	10.0	
Riboflavin	0.26 mg	15.3	
Niacin	4.12 mg	20.6	
Calcium	89 mg	8.9	
Iron	3.50 mg	19.4	

*GROUND OAT FLOUR

1. PLACE 1-1/4 cups quick or old fashioned oats, uncooked in blender or food processor; cover.

2. BLEND about 60 seconds.

3. STORE in tightly covered container in cool dry place up to 6 months. Use for baking, breadings, thickening or dredging and browning. (When used in baking, substitute up to but not more than 1/3 of the all-purpose flour called for with oat flour.) Makes about 1 cup.

CHILLED CHIVE 'N ZUCCHINI SOUP

2 medium or 3 small zucchini, quartered
One 12-3/4-oz. can (1-3/4 cups) chicken broth
1-1/2 cups milk
1 cup quick or old fashioned oats, uncooked
1 medium-sized carrot, quartered
1 teaspoon salt
Two 8-oz. cartons (2 cups) plain yogurt
2 tablespoons chopped chives

Combine zucchini, broth, milk, oats, carrot and salt in blender container. Cover; blend 10 to 15 seconds or until smooth. Combine zucchini mixture, yogurt and chives in large bowl; mix well. Cover; stir several hours. Sprinkle with additional chopped chives to serve, if desired. Makes about six 1-cup servings.

NOTE: Additional milk may be added if soup becomes too thick upon standing.

Nutritional Information			
Serving Size	1 cup	% U.S. RDA	
Protein	8.8 g	13.5	
Carbohydrate	18.6 g		
Fat	5.7 g		
Calories	101		
Vitamin A	1270 IU	25.4	
Thiamine	0.09 mg	17.6	
Riboflavin	0.20 mg	17.6	
Niacin	0.88 mg	4.4	
Calcium	206 mg	20.6	
Iron	1.30 mg	7.2	

EASY LIVIN' BROWNIE DROPS

One 23 to 23.5-oz. pkg. brownie mix with chocolate flavor packet or syrup
1-1/4 cups Toasted Oats**
2 eggs
1/3 cup butter or margarine, melted

Combine all ingredients; mix well. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake at 375°F. for 7 to 9 minutes. Cool 1 minute on cookie sheet; remove to wire cooling rack. Makes about 4 dozen cookies.

**TOASTED OATS

1. PLACE 1 to 2 cups quick or old fashioned oats, uncooked in ungreased 15x10-inch jelly roll pan. Bake at 350°F. for 18 to 20 minutes or until light golden brown.

2. BAKE at 350°F. for 18 to 20 minutes or until light golden brown.

3. COOL: store in tightly covered container in refrigerator up to 6 months. Makes 1 to 2 cups toasted oats.

VARIATIONS: For 2 to 3 cups Toasted Oats, increase baking time to 20 to 25 minutes.

For Toasted Oats in quantity, place one 18-oz. tube (about 6 cups) quick or old fashioned oats, uncooked in 2 ungreased 15x10-inch jelly roll pans; increase baking time to 25 to 30 minutes.

HONEY PECAN ADD-A-CRUNCH

2-1/2 cups quick or old fashioned oats, uncooked
1/2 cup coarsely chopped pecans
1/3 cup butter or margarine, melted
1/3 cup honey
1/4 cup firmly packed brown sugar

Combine all ingredients; mix well. Bake in greased 15x10-inch jelly roll pan at 350°F. for 18 to 20 minutes or until light golden brown. Mix well. Spread mixture onto ungreased cookie sheet or aluminum foil; cool thoroughly. Store in tightly covered container in refrigerator up to 3 months. Serve as topping over fruit salad, fruit, yogurt, frozen yogurt, ice cream or pudding. Makes about 4 cups.

MICROWAVE OVEN DIRECTIONS: Combine butter, honey and sugar in large glass bowl. Cook at HIGH about 1 minute; mix well. Stir in oats and nuts; mix well. Cook in 11x7-inch baking dish at HIGH 7 to 8 minutes or until light golden brown, stirring after every 2 minutes of cooking. Cool and store as recipe directs.

Nutritional Information			
Serving Size	1 cup	% U.S. RDA	
Protein	10.1 g	15.5	
Carbohydrate	71.0 g		
Fat	22.9 g		
Calories	568		
Vitamin A	470 IU	9.4	
Thiamine	0.24 mg	16.0	
Riboflavin	0.10 mg	5.9	
Niacin	0.67 mg	3.4	
Calcium	54 mg	5.4	
Iron	2.95 mg	16.4	

SUMMER-LIGHT TUNA SALAD

3/4 cup celery slices
3/4 cup plain yogurt
One 7-oz. can tuna, drained, flaked
2 tablespoons sweet pickle relish
3/4 cup Savory Onion Add-A-Crunch***

Combine all ingredients except Add-A-Crunch; mix well. Chill. Just before serving, stir in Add-A-Crunch. Serve as a salad on lettuce or tomato. Makes about 2 cups salad.

Nutritional Information			
Serving Size	1 cup	% U.S. RDA	
Protein	36.3 g	80.7	
Carbohydrate	28.0 g		
Fat	17.8 g		
Calories	410		
Vitamin A	540 IU	10.8	
Thiamine	0.03 mg	6.0	
Riboflavin	0.28 mg	15.5	
Niacin	13.43 mg	67.2	
Calcium	217 mg	21.7	
Iron	2.75 mg	15.3	

***SAVORY ONION ADD-A-CRUNCH

2 cups quick or old fashioned oats, uncooked
1/2 cup butter or margarine, melted
1/3 cup grated Parmesan cheese
1 to 2 tablespoons instant minced onion
1/2 teaspoon celery salt

Combine all ingredients; mix well. Bake in ungreased 15x10-inch jelly roll pan at 350°F. for 15 to 18 minutes or until light golden brown. Cool; store in tightly covered container in refrigerator up to 3 months. Sprinkle over tossed green salads, soups, casseroles or vegetables. Makes about 3 cups.

MICROWAVE OVEN DIRECTIONS: Cook in ungreased 11x7-inch baking dish at HIGH 6 to 7 minutes or until light golden brown, stirring after every 3 minutes of cooking.

