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# Using Rolled Wheat and Quick Cooking Oats

Prepared by VIRGINIA WEISER  
*Extension Nutrition Specialist*  
*Oregon State University*

Rolled wheat and quick-cooking oats are cereal grains that are rich in natural B vitamins. They are also good sources of iron and other minerals, as well as food energy. The nutty taste of the wheat provides a new and interesting flavor.

It's the flavor that people like about rolled wheat and quick-cooking oats. So, here are some recipes you and your family may enjoy at regular meals or when you want to entertain friends at mealtime.

## Meat Patties (Makes 4 servings)

- 3/4 pound ground beef
- 1/3 cup milk (or 1 1/2 tablespoons nonfat dry milk mixed with 1/3 cup water)
- 3/4 cup rolled wheat (or quick-cooking oats)
- Salt and pepper
- 2 tablespoons fat or oil
- 1 cup water
- 1/4 cup chopped celery, if desired
- 1/4 cup chopped green pepper (not really necessary)
- 1/4 cup chopped onion
- 1 tablespoon flour

Combine meat, milk, wheat (or oats), 1 teaspoon salt, and pepper.

Make very thin patties, brown on both sides in the fat or oil in a frying pan.

Add water and vegetables; season with salt and pepper.

Cook covered over low heat for 30 minutes.

Blend flour with a little cold water and slowly to the mixture, and cook until thickened, stirring occasionally.

Along with these patties, serve potatoes, cooked carrots, and an apple salad. Have a glass of water and a glass of milk for each person.

## Rolled Wheat Cookies (or Oatmeal Cookies)

- 1/2 cup sifted flour
- 1/3 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon cinnamon
- 1 1/2 cups rolled wheat (or quick-cooking oats)
- 1/2 cup raisins
- 1 egg, slightly beaten (or 2 1/2 tablespoons sifted dry egg mixed with 2 1/2 tablespoons water)
- 1/2 cup milk (or 2 tablespoons nonfat dry milk mixed with 1/2 cup water)
- 1 teaspoon vanilla
- 1/4 cup melted fat or oil

Sift together flour, sugar, salt, baking powder, and cinnamon.

Mix in rolled wheat (or oats) and raisins.

Combine egg, milk, flavoring, and fat and add to first mixture.

Stir only until ingredients are moistened.

Drop dough by teaspoonfuls onto greased baking sheets.

Bake at 375° F. (moderate oven) about 20 minutes.

(Makes about 2 dozen cookies.)

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**Rolled Wheat Pancakes**  
(or Oatmeal Pancakes)

- 2 cups milk (or 1/2 cup nonfat dry milk mixed with 2 cups water)
- 2 cups rolled wheat (or quick-cooking oats)
- 1/3 cup sifted flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 2 fresh eggs, separated
- 1/3 cup melted fat or oil

Heat milk and pour it over the rolled wheat (or oats). Allow to cool.

Sift together flour, baking powder, and salt.

Beat egg yolks and add to wheat (or oat) mixture.

Add the fat or oil, stir in dry ingredients.

Fold in stiffly beaten egg whites.

Drop the batter by spoonfuls on a hot greased griddle or heavy metal frying pan.

When the surface is covered with bubbles, turn and brown on the other side.

Rolled wheat pancakes take longer to brown than plain pancakes.

(Makes about 12 pancakes.)

**Rolled Wheat Muffins**  
(or Oatmeal Muffins)

- 1 1/4 cups flour
- 5 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons sugar
- 3/4 cup rolled wheat (or quick-cooking oats)
- 1 egg, beaten (or 2 1/2 tablespoons sifted dry egg mixed with 2 1/2 tablespoons water)
- 1 cup milk (or 1/4 cup nonfat dry milk mixed with 1 cup water)
- 1/4 cup melted fat or oil

Sift together flour, baking powder, salt, and sugar.

Add rolled wheat (or oats).

Combine egg, milk, and fat.

Add to the dry ingredients all at once, stirring only enough to moisten.

Fill greased muffin pans two-thirds full.

Bake at 400° F. (hot oven) about 20 minutes.

(Makes about 12 medium-sized muffins.)

Be experimental. If you have a favorite recipe using oatmeal, try using rolled wheat instead.

**Hot Breakfast Cereal**

Ingredients	Quick-cooking	Regular	Directions
Rolled wheat (or oats)	2 cups	2 cups	Add salt to water and heat to boiling. Stir in rolled wheat (or oats). Bring to a boil and cook for length of time noted. Stir occasionally. Cover pan. Remove from heat and let stand a few minutes before serving. (Makes 4 servings.)
Water	4 cups	4 cups	
Salt	1 teaspoon	1 teaspoon	
Cooking time	3 minutes	8 minutes	

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