

Oats



Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Oats are whole grains that contain healthy nutrients. Quick cooking oats are lightly processed to decrease cooking time so they're ready in a few minutes.

How to Use Them

Quick cooking oats make a fast and healthy breakfast. Add fresh or thawed, frozen fruit to a bowl of oatmeal for variety. Oats can also be used to replace breadcrumbs to add more fiber to recipes.

How to Store Them

Keep package tightly closed in a cool, clean, dry place. To preserve freshness, store oats in the refrigerator or freezer. Once prepared, store in the refrigerator.

Why Eat Them?

Whole-grain oats contain dietary fiber, which aid digestion and may lower the risk of heart disease, obesity, and type 2 diabetes.

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BBQ Venison Meatballs *Makes 4 servings*



Ingredients

Meatballs

- ¾ cup quick cooking rolled oats
- ½ cup nonfat or low-fat milk
- 1 pound ground venison*
- 1 medium onion, minced and divided
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper, divided
- ½ teaspoon smoked paprika

Sauce

- ½ cup ketchup
- ½ cup water
- 3 tablespoons brown sugar
- 2 tablespoons white vinegar

*Ground beef or bison may be used in place of venison.

Recipe adapted from [Mississippi State University Extension](#).

Directions

Wash hands with soap and water.

1. Preheat oven to 350 °F.
2. Combine oats and milk in a bowl. Allow to soak for 10 minutes.
3. Combine venison, half of the onion, garlic powder, 1/4 teaspoon black pepper, and smoked paprika in a separate mixing bowl. Mix well. Add oats and milk mixture, stir together.
4. Shape meat mixture into 12 balls, approximately 1-inch, and place in a shallow baking pan. Cover with foil and bake for 30 minutes or until a food thermometer reads 160 °F. Drain any grease and juices that may have baked out.
5. Meanwhile, combine all remaining ingredients in a saucepan and stir well. Bring sauce to a simmer.
6. Pour sauce over meatballs. Bake uncovered for an additional 30 minutes, turning once after 15 minutes.



May 2024 | FNS-1070