

Oatmeal: not just for breakfast any more



1/8 teaspoon nutmet
Dash of salt
2 tablespoons butter or margarine, melted

For base: Heat oven to 375°F. Combine all ingredients, mixing well. Place in small individual baking dish.

For topping: Combine dry ingredients; mix well. Add butter; mix until crumbly. Sprinkle over fruit mixture. Bake about 20 minutes or until apples are tender and topping is golden brown. Makes 1 serving.

Note: Recipe may easily be doubled to make 2 servings.

Microwave Oven Directions: Prepare 1 serving as recipe directs. Cook at HIGH 4½ to 5½ minutes, rotating dish ¼ turn after 3 minutes of cooking.

COMPANY KABOBS

Sweet 'n' Sour Sauce (see below)
1½ lb. ground beef
¼ cup oats (quick or old fashioned, uncooked)

1 egg, beaten
1 teaspoon salt
¼ teaspoon pepper
1 clove garlic, minced
18 pineapple chunks reserved from canned pineapple
1 green pepper, cut into 1-inch chunks
6 green onions, cut into 2-inch pieces
12 medium mushrooms

Prepare Sweet 'n' Sour Sauce; set aside. Heat oven to 350°F. Combine ground beef, oats, egg, salt, pepper and garlic; mix well. Shape meat mixture around pineapple chunks to make 18 meatballs. Alternate green pepper, meatballs, green onion and mushrooms on six 12 to 14-inch skewers. (To be sure meatball stays on skewers, thread through pineapple in center.) Place kabobs on rack in shallow roasting pan. Bake about 20 minutes. Brush with Sweet 'n' Sour Sauce; continue baking 10 minutes or until desired doneness. Serve over rice with additional

Sweet 'n' Sour Sauce, if desired.
Makes 6 kabobs.

SWEET 'N' SOUR SAUCE

One 8-oz. can pineapple chunks in unsweetened pineapple juice
1 tablespoon cornstarch
½ cup maple flavored table syrup
¼ cup vinegar
2 tablespoons soy sauce
2 tablespoons catsup
1 clove garlic, minced

Drain pineapple; reserve ¼ cup juice. Set aside pineapple chunks for Company Kabobs. In small saucepan, combine pineapple juice and cornstarch; mix well. Add remaining ingredients. Bring to a boil. Reduce heat. Simmer, stirring frequently, until thickened and clear. Makes about 1 cup.

GIANT OATMEAL COOKIES

1½ cups all-purpose flour
½ teaspoon soda
½ teaspoon salt

1 cup firmly packed brown sugar
¼ cup butter or margarine
2 eggs
1 teaspoon vanilla
2½ cups oats (quick or old fashioned, uncooked)
One 6-oz. pkg. (1 cup) semi-sweet chocolate pieces
½ cup chopped nuts

Heat oven to 350°F. Grease 2 large cookie sheets. In small bowl, combine flour, soda and salt; mix well. In large bowl, beat together sugar and butter until light and fluffy; blend in eggs and vanilla. Add flour mixture; mix well. Stir in oats, chocolate pieces and nuts. Divide dough in half. Spread each half to ¼-inch thickness on prepared cookie sheets. Bake 17 to 20 minutes or until lightly browned. Decorate with candies, if desired. Makes two 11-inch cookies.

Variation: Drop dough by rounded tablespoons onto greased cookie sheets. Bake 10 to 12 minutes. Makes about 3 dozen 2½-inch cookies.

Delight family and guests with easy-to-make sweet and sour kabobs. They look great, taste delicious, and the meatballs have a surprise center.

For about five cents, where can you find a better, more nutritious, delicious bargain than a good, hot, steaming bowl of oatmeal? Consider these facts:

A bowl of oatmeal is nutritious. Quick or old fashioned oats contain carbohydrate, protein, 7 B-vitamins and vitamin E. They also supply 9 minerals—iron, calcium, magnesium, sodium, potassium, phosphorus, copper, manganese and zinc.

A bowl of oatmeal is rich in fiber. An ounce of oats contains 0.3 grams of fiber. Although estimates range from 4 to as high as 20 grams, 5 to 7 grams seems to be a range accepted by the scientific community as the amount of fiber needed daily. It has been established that fiber provides dietary bulk and aids in the digestive process.

A bowl of oatmeal is a whole grain product. Oats contain virtually all of the nutrients present when they are growing in the field. The "whole grain" is available for utilization. The germ is a concentrated source of nutrients. It contains the embryo or seedling plant and is a source of vitamins, minerals and protein. The endosperm is a storehouse of protein and carbohydrate designed to feed a living, growing plant. It's a source of energy for everyone who eats whole grain oats. The bran is the outer covering of the grain that protects it and is one of the best sources of fiber.

A bowl of oatmeal is low in sugar. Oats contain less than 1 gram of sugars per 1-ounce serving. If you are trying to cut down, none needs to be added at serving time.

A bowl of oatmeal is low in calories. One ounce of quick or old-fashioned oats contains only 110 calories.

A bowl of oatmeal is low in sodium. Those who must limit their intake of salt praise oats. One ounce contains about 1 milligram of sodium when prepared without salt.

A bowl of oatmeal is easy to prepare. The easy directions are on the package. Directions are even given for microwave oatmeal.

A bowl of oatmeal is versatile. You can eat it plain or dressed up, for instance with fresh fruit. And the final statement speaks for itself.

A bowl of oatmeal is delicious! Plain and simple, a bowl of oatmeal is a naturally good way to start the day.

INDIVIDUAL APPLE-OAT CRISP

Base:
1 cup thin apple slices
1 tablespoon firmly packed brown sugar
1 teaspoon all-purpose flour
½ teaspoon lemon juice

Topping:
½ cup oats (quick or old-fashioned, uncooked)
1 tablespoon firmly packed brown sugar
1 tablespoon chopped almonds
1 teaspoon all-purpose flour
¼ teaspoon cinnamon

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