Rolling Oats

HOT LIST

8 reasons oats rock.

SAVOY'S CHEF KEVIN WATSON: "IT'S THE FOOD!"

What *is* a rolled oat, anyway?

ROI

"All the OATS to KEEP YOU FIT"

FEATURES

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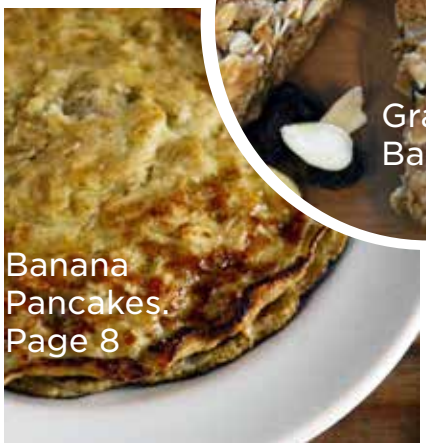
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OATS

Satisfying Hunger for over 2,000 Years

OAT GROATS are whole oat seeds that have been dried. They take more than an hour to cook. They have a chewy texture, like barley. As with all grains, they take on the flavors of whatever they are cooked with.

STEEL CUT OATS are sliced groats. You can still see the shape of the whole grain. They take about 30 minutes to cook. Though delicious as a hot cereal, they also be cooked into a savory dinner side!

QUICK COOKING STEEL CUT OATS are groats that have been sliced into smaller pieces so they will cook in 3-10 minutes (depending on the brand). You can still see the basic shape of the groat is intact.

OLD FASHIONED ROLLED OATS are groats that have been rolled to flatten them so that they will cook in about 5-7 minutes. They can be made sweet or savory, and can be added to baked goods.

QUICK COOKING OATS are rolled oats that have been rolled more thinly so that they will cook in 1-2 minutes. They can also be cooked sweet or savory, and added into baked goods.

INSTANT OATS have been rolled even more thinly, cook in less than a minute, and have a tendency to be mushier than other oats. They can be added into baked goods.

Eat your way to better health

We go behind the scenes with one of Pittsburgh's top chefs to find out why Kevin Watson believes that food is the answer to good health

by Jesse Sharrard

You only have to look at Kevin Watson's jacket to know that he means business. He has a whole alphabet of letters following his name: CEC, PCC, CDM, CFPP. These letters indicate that he is a Certified Executive Chef, Personal Certified Chef, Certified Dietary Manager, and Certified Food Protection Professional.

Not only that, but he's getting ready to add one more set of letters to his qualifications. He's going to school to be a health coach.

"Food is fellowship. It brings people together."

RO: Why do you cook?

KW: I love to give someone something and hear them go, 'mmmmmmmmm.'

Food is fellowship. It brings people together. The best times in my life I can remember are pretty much over food, whether it's a cookout, a picnic, a family reunion.

It's a vehicle that will bring people to your house. If you have a pot roast, or whatever, you can bring people to your house to have that fellowship, to celebrate with food.

I know it sounds kind of corny, but it makes people feel good, and the good thing about that is you can make a memory. I remember being with my cousins in the backyard of my grandmother's house for the cookout. That's a memory. That was the cookout, and then all the fun came. You understand what I'm saying? We're having a cookout, and then whatever fun happens or stories or games that we play, it all starts with the cookout. It brings people together.

RO: When did you start cooking professionally?

KW: It started right out of high school. I was in the 10th grade and my cousin was a cook at Big Boy. He got me a job as a bus boy. I was shy, and I just didn't prefer being out front, so I asked the manager if I could train to be a dishwasher, as if that were a promotion or something.

So, I got a job as a dishwasher and it looked like they were having all the fun on the cook line. I'd wash all the dishes and then I'd ask my cousin, "Terry, show me how to cook something." He'd show me basic things, like spaghetti and meatballs with oregano. Family style food. I'd go to the cook line and make something then catch back up on the dishes so I could go out and cook again.

I asked if I could train on the cook line. I started cooking and it was so much fun, it was like it wasn't work. It was more fun than it was work because I had an interest in it. Never done anything else, never tried anything else. Since 10th grade, a little more than 25 years.

RO: When did you open Savoy?

KW: 2011.

RO: Why did you decide to open Savoy?

KW: Well, I didn't decide to open Savoy. I was teaching at Le Cordon Bleu and I get this message on my phone, 'Hi, my name is John Bettis and I'm opening up a restaurant with Chuck Saders and we want to talk to you about it.'

It turns out John Bettis is Jerome Bettis' big brother, and I had been Jerome's personal chef for about 3 years.

John asked me if I'd be interested in being chef for this restaurant. And at the time, I was a private chef, I was teaching at Le Cordon Bleu, and I had a catering business. So I told him, 'I don't think I can fit that in my life. I've got too much going on.' He convinced me to consult on this project, basically find him a chef, because at the time, I did not want to come back into this industry.

So I'm on my way home that

night and he calls me and says, 'I just got off the phone with Jerome, and he told me "do whatever you have to do to get that guy."' I said, 'wow!' I said, 'that's a high compliment.'

I met with him a couple times, met with Chuck, I saw the plans for (gesturing around him) all of this, and after talking to them, I decided I had to take a shot at it.

I had carte blanche to design the kitchen, pick out all the equipment, everything, so I had to do it. You don't get that chance to go from the ground up. I just had to do it.

RO: What was it like cooking for Jerome Bettis?

KW: It was a dream, it was a blast.

RO: Do you find that it has to cost more to eat healthful foods?

KW: Actually, I find that it's on the contrary. It costs more to eat what's not healthy.

Most importantly, it costs you healthwise. So, what is your health worth? How much would you pay to be healthier?

There's a billion dollar industry in diet pills and people want to lose weight with a silver bullet, but it's in the food.

'Let food be thy medicine and thy medicine be food.' The food detoxes us. The oats help to catch all that bad cholesterol and take it through our bodies and take it out. It's well documented.

I eat oatmeal on a regular basis. It's that food that, when I have it, I'm not hungry for hours. It does its job. It does exactly what it's supposed to do. It keeps you from eating, from snacking. It keeps you out of trouble. It's a miracle food.

"I eat oatmeal on a regular basis... it's a miracle food."

RO: What led you to study to become a health coach?

KW: A friend of mine had a surgery. Before she went into surgery, they said your hemoglobin is low, your iron is low. They gave her bags of iron, bags of hemoglobin.

She went for her post op with her doctor, he gave her iron pills. And iron pills make you constipated, so you have to take a pill for that. But to absorb the iron pill, you have to take a Vitamin C pill.

So that's 3 pills, and not one time did the doctor say, 'why don't you increase your dark green leafy vegetable intake, because they're higher in iron. Have some spinach!' Instead

it's, take a pill for that, and then take another one for the side effects, and it keeps going and going.

In the hospital cafeteria, I saw that there was no diversity in the food. Although our hospitals have diverse patients who come from all over the world, diverse staff who come from all over the world, there is no diversity in the food. You don't find any hummus, you don't find any quinoa. I started thinking, 'this is where we come to get well, and it has the worst food.'

If I break my leg, I'm going to a doctor for sure. I'm not going to just rub some rosemary on it. But in a lot of cases, the food will do the trick. It will either save your life or kill you.

RO: A lot of people have a hard time finding the time to

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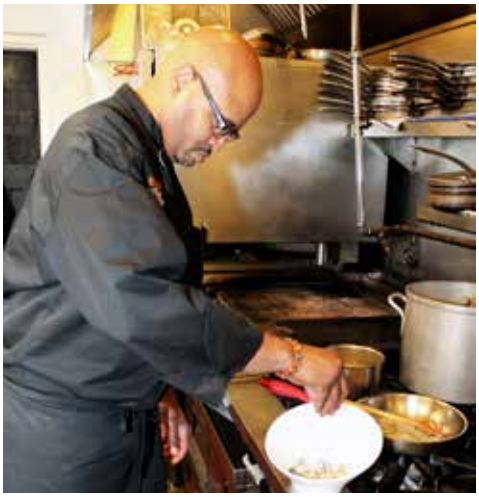
cook at home. Do you have any advice for people who say, "I don't have the time to do that?"



KW: I think that you have to make time. That's just the bottom line. It's about your health, it's the only body you have.

Kids don't get a choice. They don't pull the purse strings on what can come into the health, and so it's up to the parents in that regard, to do better. You can't go in and bring all the box food out and replace it all with fresh foods, it's a gradual change. You add something, take something away.

"Food will either save your life or it will kill you."

RO: If you're going to eat ramen, add some onions and carrots to it.

Or add a salad. Even if you're eating the ramen, just have a salad with it.

There's many ways to do it, but that machine, that

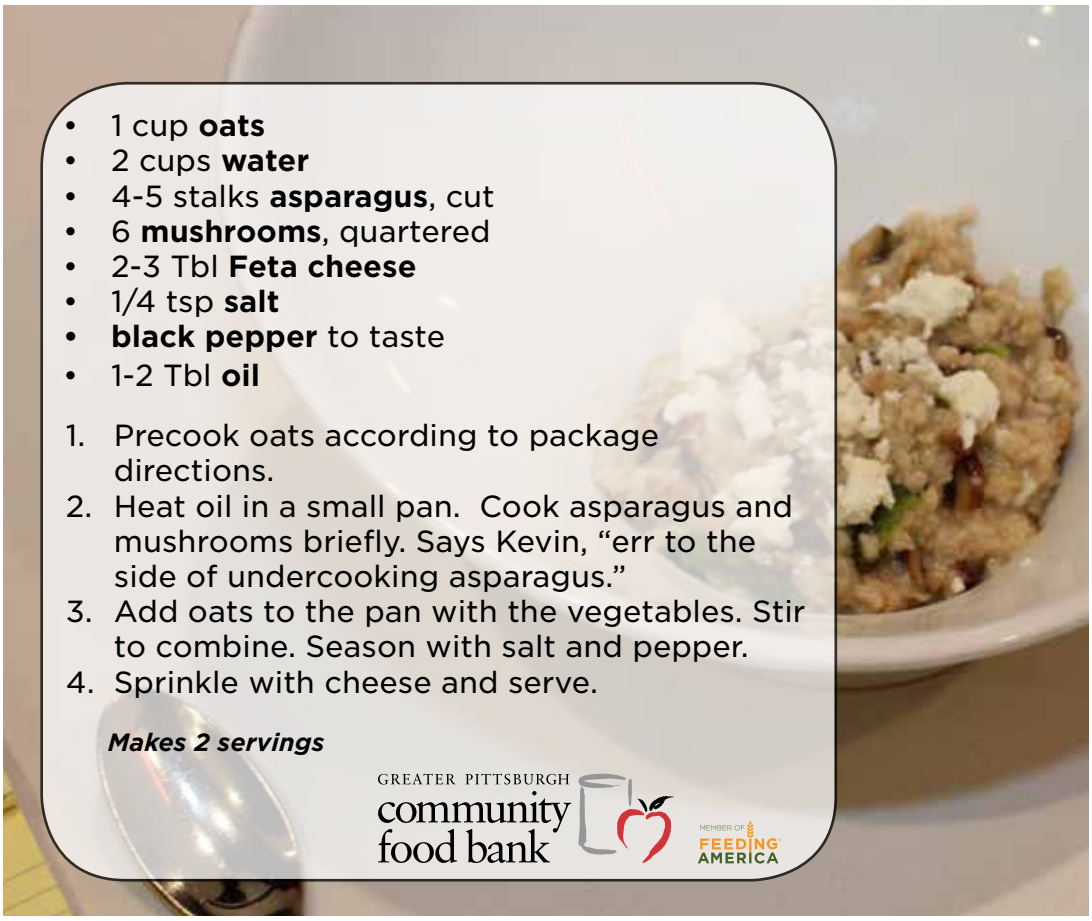
marketing machine...

Every 8th commercial on television is a drug! You listen to the side effects: 'may cause blindness, bleeding.'

Why would you want to take that?! Just change the food! It's the food! RO

Savoy Restaurant is located at 2623 Penn Avenue in Pittsburgh's Strip District.

Kevin Watson's Oatmeal Risotto



- 1 cup **oats**
- 2 cups **water**
- 4-5 stalks **asparagus**, cut
- 6 **mushrooms**, quartered
- 2-3 Tbl **Feta cheese**
- 1/4 tsp **salt**
- **black pepper** to taste
- 1-2 Tbl **oil**

1. Precook oats according to package directions.
2. Heat oil in a small pan. Cook asparagus and mushrooms briefly. Says Kevin, "err to the side of undercooking asparagus."
3. Add oats to the pan with the vegetables. Stir to combine. Season with salt and pepper.
4. Sprinkle with cheese and serve.

Makes 2 servings

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Precook the oats so that the vegetables stay crisp.

Don't overcook the asparagus!

Finish with some cheese.

The HOT List

We've got some good reasons for being excited about oats. Don't believe us? Here are 8 hot ways

oats rock.

1) Wafer-crisp pie crust that you don't even have to roll out. What? Now, even cake people will want to make pies.

2) Not just for breakfast anymore! Try Chef Kevin's oatmeal risotto, or our own savory oat pilaf. The next thing you know, you'll be Insta-Twitting your own #SavoryOats. Just don't SnapChat the recipe: you're not going to want to lose it!

3) What d'ya mean, I don't have to buy them in the store? Granola bars! At home! Stuffed with your favorite stuff! Yes you can.

4) What the recipe doesn't say is that it's for cinnamon rolls and pizza crusts, too. Oats fortify our bread dough with whole grain.

5) All you need is a brown banana, an egg, and some oats. What do you get? Pancakes. Mmmmmmmm. Nice and hot.

6) Different ways you can buy oats. The bigger they are, the longer they cook.

7) Betty, casserole, cobbler, crisp, crumble, or slump. Call it what you will. Everyone can agree that this oat dessert is delicious.

8) They've been satisfying hunger for over 2,000 years. Greater Pittsburgh Community Food Bank always has oats available for our neighbors because it's so easy to do so much with them, and they're so good for you.

RECIPE

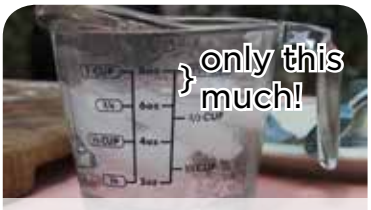
No-Roll Oatmeal Pie Crust

This crust is easy to make. It is forgiving if you make a mistake. The result is a flaky, crispy crust that will help your pie stand out from the crowd.

Assemble ingredients.


Stir together flour, oats, cinnamon.


Cut butter into pieces and blend into flour & oats.



Don't use much water!


And add it slowly.


Mix to make dough.


Divide into 2 pieces.


Wrap. Refrigerate for at least 30-45 minutes.


Press 1 crust into pie pan.


Cover bottom & sides.


Put 2nd crust between 2 layers of plastic on plate.


Press with thumbs toward outside of plate.


Make it smooth and even.


Remove top plastic layer.


Use bottom plastic to lift.


Flip on top of pie.


Remove plastic wrap.


Ready to bake!

Show us your pies!

Tweet a picture @ChefJessePgh @PghFoodBank #MyPie

Homemade Apple Pie

Apple pie is a sweet & satisfying way to enjoy one of autumn's tastiest fruits!

An apple pie doesn't take much to make!

Ingredients:

- 8-10 **apples**
- 1/3 cup **brown sugar**
- 1 1/2 tsp **cinnamon**
- 2 **pie crusts**

Peel 10 apples & you get pretty good at it!

Pick out bad spots & use the rest of the apple.

Cutting around the core is the easiest way to get the apples ready to cook.

Organize your work space by which hand you use to make cutting quicker and easier!

Instructions:

1. Peel apples and cut them from their cores.
2. Chop into 1-inch pieces.
3. Toss with sugar and cinnamon.
4. Arrange bottom crust in pie pan. Pour apple mixture in; top with second crust.
5. Bake at 450° for 10 minutes.
6. Reduce heat to 350°, bake for 40-45 more minutes.
7. Let cool briefly. Serve & enjoy!

Makes 8 servings

Such a tasty way to eat your fruit!

RECIPE

Banana Pancakes

Oats + egg + brown banana = fantastic breakfast!

Ingredients:

- 1 **banana**, peeled
- 1/4 cup **quick oats** or rolled oats
- 1/8 tsp **salt**
- 1/2 tsp **cinnamon**
- pinch of **Nutmeg** (optional)
- 1 **egg**
- **Cooking spray** or **1 tsp oil**

Makes 2 pancakes, which is one serving

Steps:

1. In a bowl, mash the banana with the backside of a fork until it is gooey.
2. Add the oats, salt, cinnamon, and nutmeg to the mashed banana. Mix it all together!
3. Crack the egg into the same bowl. Mix until the pancake batter is smooth.
4. Place pan over medium heat and add cooking spray or oil. Pour two pancakes into the pan.
5. When the edges are brown and the middle is bubbling (after about 3 minutes), flip the pancakes with a spatula. Cook about 2 more minutes. When both sides are golden-brown, move them to a plate with your spatula, and enjoy!

TIP: Brown bananas are riper than yellow bananas. It means they are extra sweet and perfect for baking. RO

Nutrition Facts

Serving Size 2 pancakes
Servings Per Container 1

Amount Per Serving

Calories 210	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 6g	**24%**
Sugars 15g	
Protein 8g	

Vitamin A 2% • Vitamin C 15%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Banana Oatmeal Muffins

This super-easy recipe tastes great! Add in 1 cup of berries for a special treat!

- 2 cups **flour**
- 3/4 cup **sugar**
- 3/4 tsp **baking soda**
- 1/2 tsp **salt**
- 3/4 tsp **cinnamon**
- 1/4 tsp **nutmeg**
- 1 1/4 cup **oats**
- 3 ripe **bananas**, mashed
- 1 (6 oz) container **yogurt**
- 2 **eggs**
- 1/3 cup **oil**
- 1 tsp **vanilla** (optional)

Nutrition Facts

Serving Size 2 muffins
Servings Per Container 7

Amount Per Serving

Calories 190	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 150mg	6%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 4g	

Vitamin A 2% • Vitamin C 4%
Calcium 2% • Iron 6%

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1. Preheat oven to 350 degrees.
2. Mix mashed bananas, yogurt, eggs, oil and vanilla in a medium bowl.
3. In a separate bowl, mix flour, sugar, baking soda, salt, cinnamon, nutmeg and oats.
4. Combine both mixtures with a rubber spatula.
5. Scoop 1/3 cup of batter into each muffin cup.
6. Bake for 25-30 minutes or until golden brown and toothpick inserted in the center comes out clean.

Makes 12-14 muffins

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A great way to use overripe bananas!

Mix bananas with yogurt, eggs, oil.

Stir dry ingredients together.

Don't overmix! You want some lumps.

Fill muffin cups with 1/3 cup batter

Ready to serve!

For more information about the emergency food network in southwestern PA, call (412) 460-3663 or visit PittsburghFoodBank.org

RECIPE

Oatmeal Bread Dough

You won't believe how easy, fun, and delicious it is to make this bread!

- 1 envelope **dry yeast**
- 1/2 tsp **sugar**
- 1-1 1/2 cups **hot water (120°)**
- 3 1/2 cups **all-purpose flour**
- 1 cup **quick oats**
- 2 tsp **salt**
- 1/4 cup **oil** or melted butter

1. Mix yeast, sugar, and 1 cup of the hot water together in a small bowl.
2. In a large bowl, mix the flour, oats, and salt. Stir them up very well.
3. Drizzle oil or melted butter into the flour mixture and stir it to combine.
4. Add the water and yeast mixture into the large bowl slowly. Stir it with a wooden spoon or your hands until it comes together to make a dough.

5. If you need to add more water, add it slowly.
6. Once the dough has come together, pull it ought of the bowl and knead it on a counter or cutting board that you've dusted with flour to keep the dough from sticking. Have some fun with this step! You can bang the dough around and really pummel it. Knead it for at least 7 minutes, but feel free to go for as long as 15 minutes. This helps develop the bread's texture.
7. Roll the kneaded dough into a ball. Coat it with a bit of oil. Put it in a clean large bowl in a warm place for about an hour while it rises.
8. Press it down and let it rise again for 30-45 minutes.
9. Shape it into 2 loaves and put it on a baking sheet. Let it rest for about 20-30 miutes while the oven preheats to 400°.
10. Bake for 30 minutes or until golden brown.

Granola Bars

Yes, you can make them from scratch! And they taste amazing!

- 2 cups **quick oats**
- 1 1/2 cups **raisin bran**
- 1/2 cup **chopped nuts**
- 1/4 cup **shredded coconut**
- 1 1/4 cup **peanut butter**
- 1/2 cup **honey**
- 1/4 tsp **salt**

Nutrition Facts

Serving Size 1 bar
Servings Per Container 12

Amount Per Serving

Calories 310 Calories from Fat 160

	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 5g	**20%**
Sugars 17g	
Protein 10g	

Vitamin A 2% • Vitamin C 0%
Calcium 4% • Iron 15%

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		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1. Mix the oats, raisin bran, nuts, and coconut in a large mixing bowl.
2. Combine the peanut butter, honey, and salt in a saucepan. Warm over low-medium heat, stirring, until the mixture is smooth and can be easily poured.
3. Pour the liquid mixture over the cereal mixture. Stir while the liquid is still warm to combine everything together. Use your clean hands, once the liquid has cooled.
4. Press the mixture into a 9x13 pan. Cover with plastic wrap and refrigerate until it is firm.
5. Cut into 12 pieces and store in an airtight container in the refrigerator.
6. If you will not use the bars within a week, you can wrap them well and store them in the freezer.

Makes 12 servings

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Mix all dry ingredients in a large bowl.


Melt peanut butter and honey on stove.


Add peanut butter to dry ingredients and mix.


Add mixture to pan and flatten with hands.


After refrigerated, cut into bars.


Enjoy these delicious treats!

Don't let the ingredients we list limit your creativity! If you don't have coconut, you can swap in some more oats, some dried cherries or prunes, or even some chocolate chips! RO

RECIPE

Savory Oatmeal Pilaf

Goes great with chicken, beef, pork, or sleek!

- 1 1/2 cups diced **onion**
- 6 cloves **garlic**, sliced thinly
- 1 **bell pepper**, diced
- 2 cups **tomatoes**, chopped
- 2 cups **quick oats**
- 3 cups **water**
- 1/2 tsp **salt**
- 1 1/2 tsp **dried herbs** (oregano, basil, rosemary, and/or thyme)
- 2 Tbl **canola oil** or other oil
- **Black pepper** to taste

Nutrition Facts

Serving Size A bit more than 1 cup
Servings Per Container 4

Amount Per Serving	
Calories 280	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 310mg	**13%**
Total Carbohydrate 41g	**14%**
Dietary Fiber 7g	**28%**
Sugars 5g	
Protein 7g	
Vitamin A 10% • Vitamin C 60%	
Calcium 8% • Iron 15%	

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1. Heat a large skillet or saucepan over medium heat. When it is hot, add the oil, onion, black pepper, and a pinch of salt.
2. Cook the onion for 10-12 minutes or until browned, stirring once or twice—more often if they are browning too quickly.
3. Add the garlic and cook 3-5 minutes or until brown.
4. Add bell pepper. Cook 7-10 minutes, stirring once or twice.
5. Add tomatoes and dried herbs. Cook 5 minutes, stirring once.
6. Add water, bring to a boil. Stir in oats and cook, stirring occasionally, for 5 minutes, or until liquid has been absorbed and oats are soft

Makes 4 servings

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Add garlic when onions are brown.

Peppers go in when garlic is toasted.

Add tomatoes and herbs!

Add water, bring to boil.

Stir in oats.

Ready to serve!

Fresh Peach Crisp

This recipe's not just for peaches! Try Apple Crisp, Berry Crisp, Mango Crisp, or Pear Crisp...

Filling

- 8 ripe **peaches**
- 1/4 cup **brown sugar**
- 2 Tbl **corn starch**
- 1/4 tsp **cinnamon**

Topping

- 1/2 cup **rolled oats**
- 1/3 cup **flour**
- 1/3 cup **brown sugar**
- 1/4 cup melted **butter**
- 1/2 tsp **cinnamon**

Nutrition Facts

Serving Size 1 slice (1/8 of recipe)
Servings Per Container 8

Amount Per Serving	
Calories 210	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 80mg	3%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	12%
Sugars 28g	
Protein 3g	

Vitamin A 15% • Vitamin C 15%
Calcium 2% • Iron 6%

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1. Peel and slice the peaches. If the peels aren't coming off easily, dunk them in boiling water for about 30 seconds.
2. Toss the peach slices with the rest of the ingredients for the filling.
3. In a different bowl, mix together all of the ingredients for the topping.
4. Pour the filling mixture into a 9-inch oven-safe skillet or pie plate. Spread the topping over the top.
5. Bake in a preheated 425° oven for 45 minutes.

Makes 8 servings

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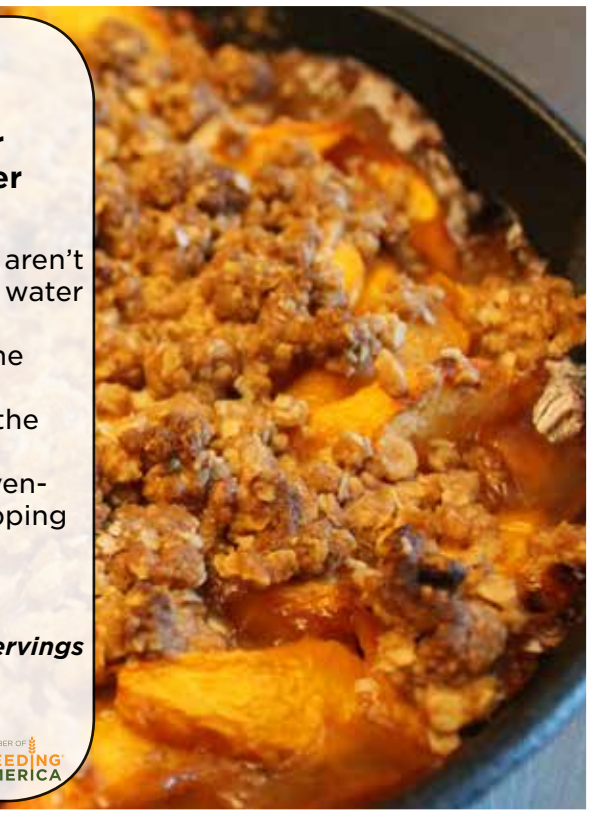

If your peaches don't peel, dunk them in boiling water for 30 seconds

Once peaches are peeled, slice them from their pits into a bowl.

Combine peach slices with brown sugar, corn starch, and cinnamon.

Mix flour, brown sugar, oats, cinnamon, and salt to make a streusel topping.

Pour peaches into oven safe skillet or pie pan.

Top with streusel and bake at 425° for 45 minutes.

Helping our neighbors, growing our future.

1 in 5 children faces hunger.
Together we can give our kids the food security they need.

Greater Pittsburgh Community Food Bank network serves more than 23 million meals yearly to children, individuals and families facing hunger throughout 11 counties in southwestern Pennsylvania.

To find out more about hunger in your community, and to learn more about how to get help, volunteer, advocate, or donate, visit PittsburghFoodBank.org or call 412-460-3663.

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