



STIR-FRIED OATS WITH QUAKER KETTLE HEARTY® OATS

Each Serving (1 cup) Provides:

- 1 oz. eq. Whole Grain
- ¼ cup Vegetable
- 1/8 cup Fruit

Stir-fried Oats with Quaker Kettle Hearty® Oats

INGREDIENT

QUANTITY

INGREDIENTS FOR 44 SERVINGS:

- 47 oz Quaker® Kettle Hearty® Oats
- 6 quarts Water, hot
- ½ cup Oil, sesame
- 4 tsp Ginger, ground
- 4 tsp Garlic, granulated
- 1 cup Soy sauce, reduced sodium
- 1 cup Sugar, brown
- 1 cup Pineapple juice (from canned pineapple tidbits)
- 3 ½ pounds Peas and carrots, frozen, thawed
- 1 lbs Peppers, mixed, frozen, thawed
- 1 #10 can (about 8 cups drained pineapple) Pineapple tidbits, packed in juice, drained (reserve juice)
- ½ lbs Green onions, sliced thinly on bias

PREPARATION

DIRECTIONS:

- Combine the Quaker® Kettle Hearty® Oats and hot water in a 4-inch deep, full steamtable pan. Stir to combine. Cover tightly. Place in a 375 °F oven for 30-40 minutes or until oats are tender and liquid is absorbed.
- Cool the oatmeal.
CCP: Cool in refrigeration to 70 °F within 2 hours and 40 °F within 4 hours. Hold for cold service at 40 °F
Preheat oven to 425 °F.
- Divide the oatmeal between three full-sized sheet trays.
- Drizzle each pan of oatmeal with sesame oil. Break up oats with a metal bench scraper.
- Cook for 45 - 60 minutes. Stirring and breaking up with the bench scraper every 20 minutes.
- In a bowl, mix together ginger, garlic, soy sauce, pineapple juice and brown sugar. Whisk to combine.
- Once oats start to brown on top, but are still soft, add peas and carrots, mixed peppers, and drained pineapple tidbits.
- Drizzle each pan with equal amounts of sauce. Toss with the bench scraper to combine.
- Place back in the oven for 15 minutes to warm through and reduce the sauce.
- Remove from oven and garnish with scallions.
CCP: Heat to 165 °F for 15 seconds
CCP: Hold for hot service at 135 °F

Nutritional Facts Panel

Nutrition Facts	
1 Serving:	
Calories	210
Saturated Fat	1g
Sodium	240mg

