

Baked Oatmeal with Fruit and Nuts



- 1-3/4 cups low-fat milk
- 2 teaspoons unsalted butter
- 1/8 teaspoon salt
- 1 cup old-fashioned rolled oats
- 1/4 cup dried apricots, chopped
- 1/4 cup dried cranberries, raisins or other small dried fruit
- 1 tablespoon lightly packed brown sugar
- 1/2 sweet apple, peeled and cored
- 2 tablespoons lightly packed brown sugar
- 3 tablespoons chopped pecans or walnuts

1. Preheat oven to 350°F. Spray a 2-quart microwaveable, ovenproof casserole with nonstick vegetable spray.
2. Heat milk and butter in casserole dish in microwave oven on HIGH until milk steams, 1 to 2 minutes. Mix in salt and oats. Set aside.
3. Mix chopped apricots, dried cranberries and 1 tablespoon brown sugar into oats. Shred apple into oats and mix to combine.
4. Bake, uncovered, 15 minutes. Stir oats then top with 2 tablespoons brown sugar and nuts. Bake, uncovered, 15 minutes longer, until oats are chewy. Serve at once.

Serves 4.

Nutrition Facts		
Servings per recipe: 4		
Calories 250	Calories from fat 32	
	% Daily Value	
Total Fat 8g		12%
Saturated Fat 2g		12%
Cholesterol 9mg		3%
Sodium 126mg		5%
Carbohydrate 32g		39%
Dietary Fiber 5g		16%
Protein 9g		17%
Vitamin A: 18%	Vitamin C: 4%	Folacin: 4%
Calcium: 16%	Iron: 9%	Potassium: 12%

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