

QUAKER®



# QUAKER PLAYBOOK



QUAKER | 

# QUAKER PLAYBOOK

































Huddle up with Quaker® and the NFL to make gameday tastier than ever before with **The Quaker Playbook!** We've mixed our passion for oats with our love of football to bring you the best pre-game, post-game, or any day recipes you can enjoy with your friends and family.

Every recipe is **inspired by one of the league's 32 teams**, giving you a taste of how every NFL city helps fuel up for gameday.



GET UP *to some* GOOD

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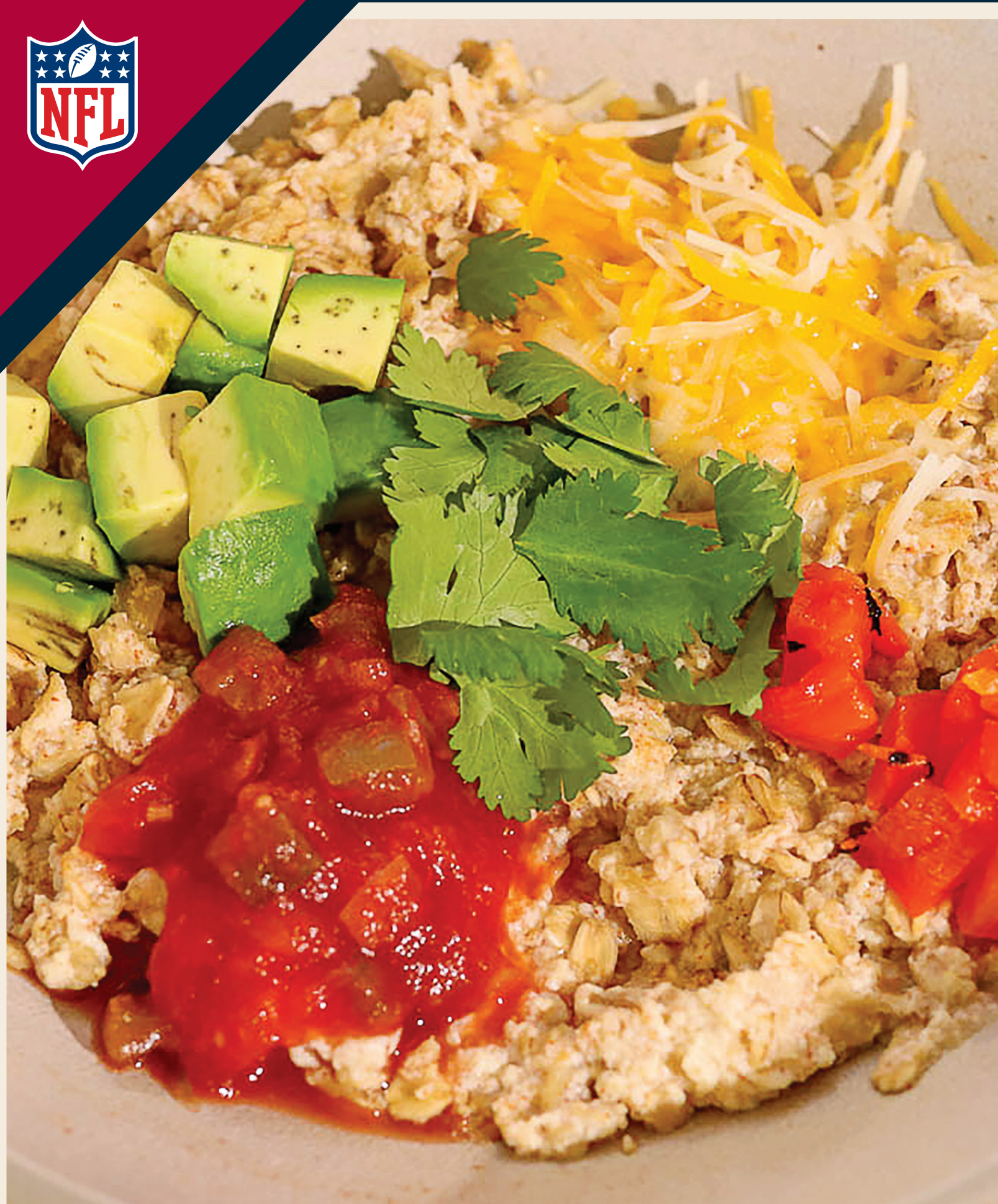
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# VALLEY OF THE SUN BREAKFAST BOWL

**Up your bowl game** with the Valley of the Sun Breakfast Bowl.  
It's a savory, easy-to-make dish with **flavor, and gameday taste.** Combine the ingredients, serve, and enjoy, Zona fans.





QUAKER.  
ARIZONA

# VALLEY OF THE SUN BREAKFAST BOWL

Makes 1 serving

## INGREDIENTS

- ½ cup Quaker® Quick or Old Fashioned Oats
- ½ cup liquid egg whites or 3 egg whites
- ½ cup water or milk of your choice
- ½ cup corn kernels, frozen
- ½ avocado, diced
- 1 Tbsp shredded Monterey Jack & mild cheddar cheese mix
- 2 Tbsp jarred roasted red peppers
- 2 Tbsp salsa of choice
- 1 Tbsp cilantro, chopped
- ¼ tsp smoked paprika
- ¼ tsp chipotle pepper powder
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp cumin
- Salt to taste

## DIRECTIONS

1. Place oats in microwave safe bowl (at least 4-cup capacity).
2. Mix in salt and all seasonings until combined. Add egg whites to oats, stir to combine.
3. Add water or milk; stir until all ingredients are well combined.
4. **For quick oats**, microwave on high, uncovered, 3 to 3-1/2 minutes or until egg is fully cooked and oats are desired consistency.
5. **For old fashioned oats**, microwave on high uncovered, 2 minutes. Stir oats, microwave about 1 minute longer in 30 second intervals, stirring after each interval until egg and oats are cooked.
6. Top with roasted red peppers, shredded cheese, salsa and cilantro.
7. Enjoy!

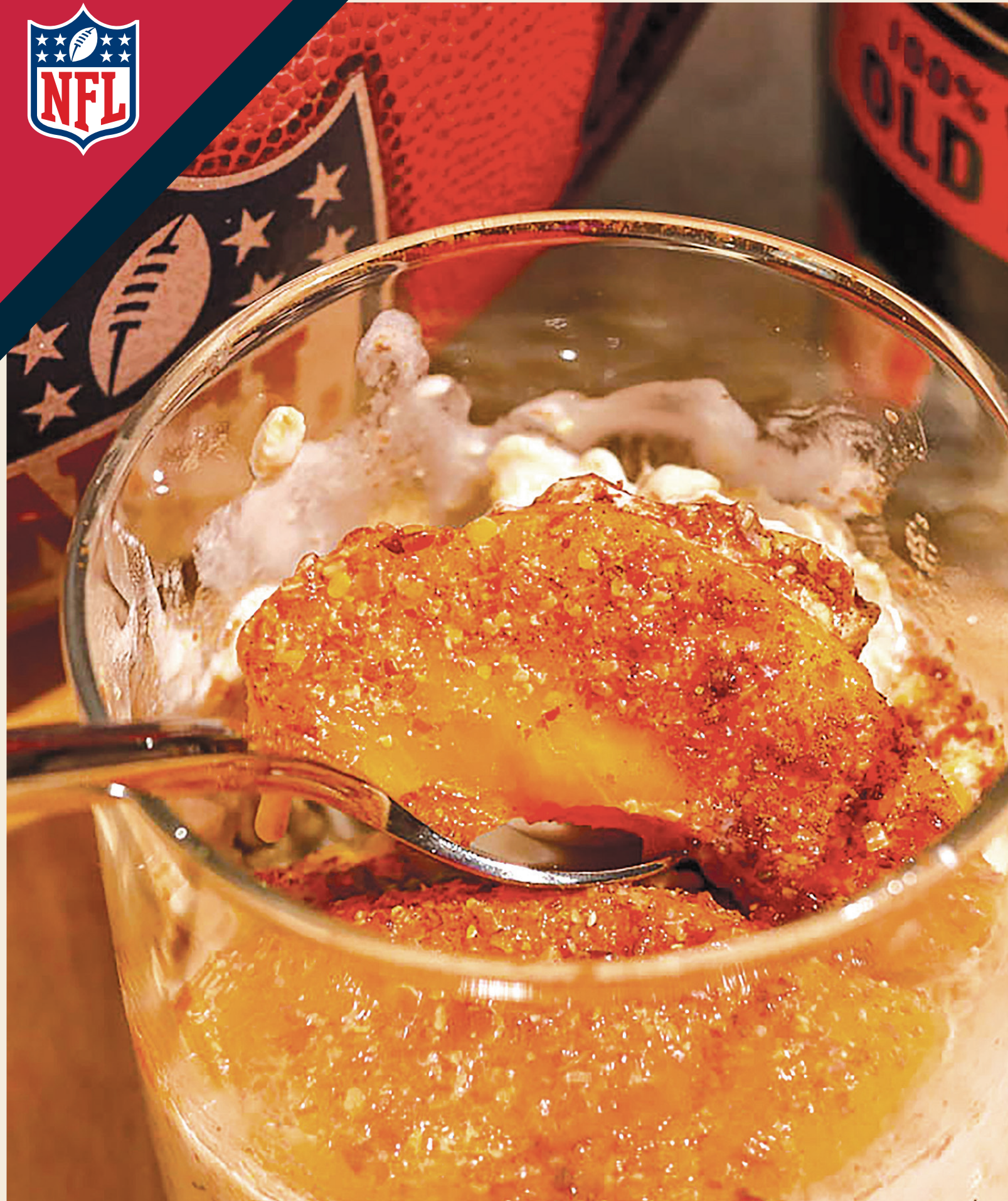




# GEORGIA PEACH OVERNIGHT OATS

These Georgia Peach Overnight Oats are for you, Atlanta fans. This recipe is full of **southern charm**, made with Quaker® Oats, Georgia peaches, and sweet honey for a **delicious start to your morning**.





QUAKER.  
ATLANTA

## GEORGIA PEACH OVERNIGHT OATS

Makes 1 serving

### INGREDIENTS

- **½ cup** Quaker® Old Fashioned or Steel Cut Oats
- **½ cup** low-fat milk
- **¼ cup** low-fat plain yogurt
- **1 tsp** vanilla extract
- **¾ cup** ripe peaches, sliced
- **2 Tbsp** honey
- **1 tsp** cinnamon
- **2 tsp** ground flax

### DIRECTIONS

1. Add Quaker® Oats to your container of choice and pour in yogurt, milk, and vanilla.
2. Add a layer of peaches.
3. Top off with honey, cinnamon, and ground flax.
4. Let steep for at least 8 hours in a refrigerator 40° F or colder.
5. Best eaten within 24 hours.





**BALTIMORE**

# CHARM CITY CRAB CAKES

Enjoy **gridiron goodness** with our Baltimore-inspired recipe featuring Quaker® Oats. Whip up a delectable sauce to chill while preparing the crab cakes, then cook them to golden perfection for an awesome **gameday feast.**







QUAKER.  
BALTIMORE

# CHARM CITY CRAB CAKES

Makes 6 cakes

## INGREDIENTS

- **¾ cup** Quaker® Oats (Quick or Old Fashioned, uncooked)
- **1 can** (14 ¾ ounces) crab meat
- **½ cup** skim milk
- **1 egg**, lightly beaten or **⅓ cup** liquid egg substitute with **1 yolk**
- **1 Tbsp** finely chopped onion
- **¼ tsp** salt (optional)

## SAUCE

- **½ cup** plain, nonfat yogurt
- **⅓ cup** seeded, chopped tomato
- **⅓ cup** seeded, chopped cucumber
- **1 Tbsp** finely chopped onion

## DIRECTIONS

1. In small bowl, combine sauce ingredients; mix well.
2. Cover and chill while making crab cakes.
3. In medium bowl, combine ingredients for crab cakes; mix well.
4. Let stand 5 minutes.
5. Shape into 6 oval patties.
6. Lightly spray large nonstick skillet with cooking spray.
7. Cook crab cakes over medium heat 3 to 4 minutes on each side or until golden brown and heated through.
8. Serve with sauce.

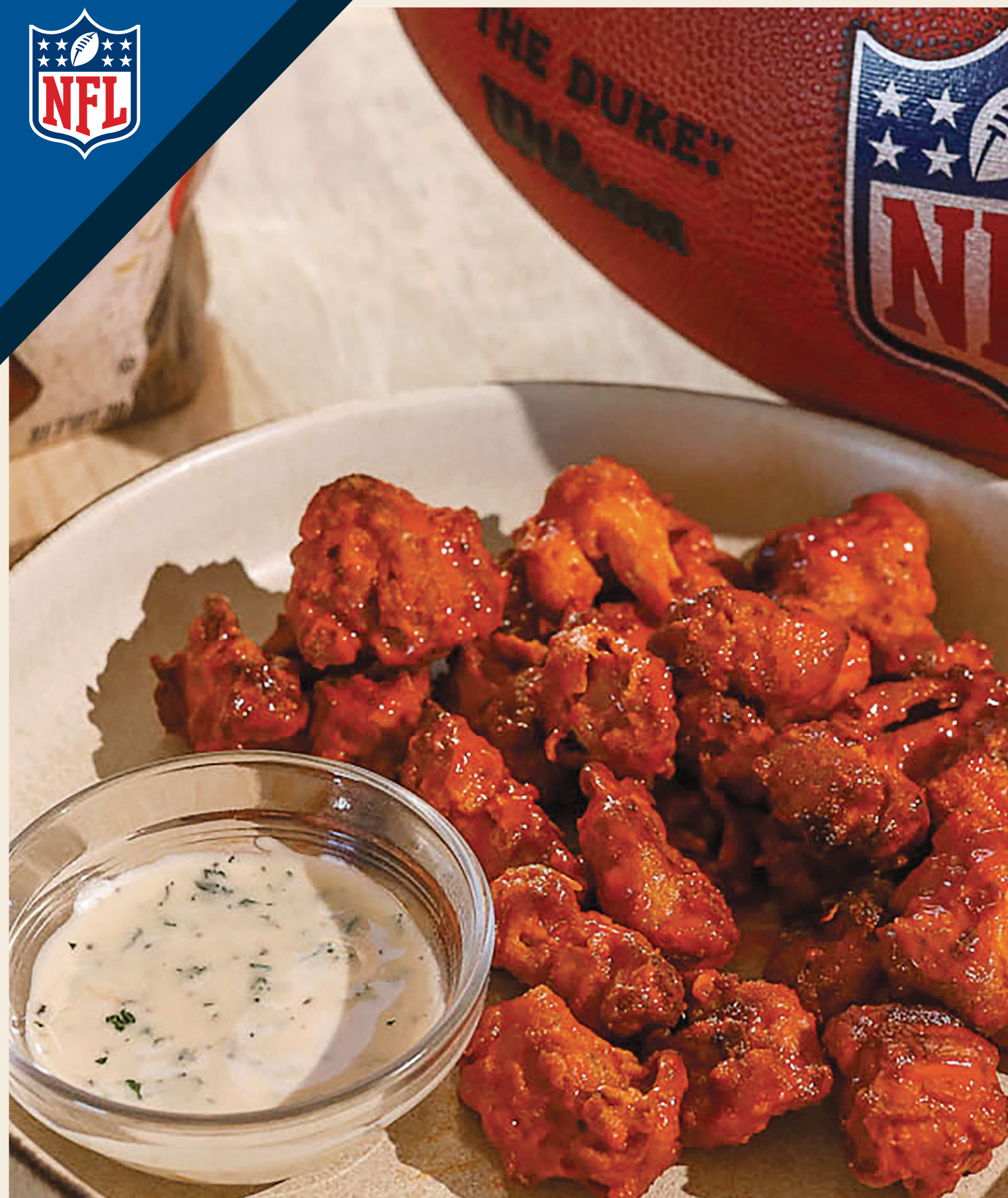




# OAT-CRUSTED BUFFALO CHICKEN

Buffalo flavor is about to **hit with full force**. Try our Oat-Crusted Buffalo Chicken with your dinner or tailgate. This spicy and crispy dish features a flavorful oat crust that adds a delightful twist to the classic Buffalo chicken, delivering **a winning flavor combo** with every bite.





QUAKER.  
BUFFALO

# OAT-CRUSTED BUFFALO CHICKEN

Makes 10-12 wings per lb

## INGREDIENTS

- **1 cup** Quaker® Oat Flour
- **16 oz** (1lb) chicken wings or chicken breast cut into bite-sized pieces
- **1 Tbsp** oil; vegetable or canola
- **1 tsp** baking powder
- **1 tsp** garlic powder
- **1 tsp** paprika
- **1 cup** milk (or dairy alternative)
- Salt and pepper to taste
- Buffalo hot sauce, as desired

## DIRECTIONS

1. Preheat air fryer to 400°F.
2. Toss the chicken with oil, salt, pepper, and baking powder.
3. Make a batter using oat flour, garlic powder, paprika, salt, pepper, and milk.
4. Add the chicken into the batter, mix to coat well.
5. Lightly grease your air fryer basket or rack.
6. Arrange chicken in a single layer (working in batches if they don't all fit in a single layer).
7. Air fry for 20 minutes or until fork tender and slightly browned.
8. Remove the chicken and add back to a large bowl.
9. Toss in your hot sauce then return to the air fryer for a further 5 minutes to crisp up.
10. Serve hot with ranch or blue cheese dressing on side.

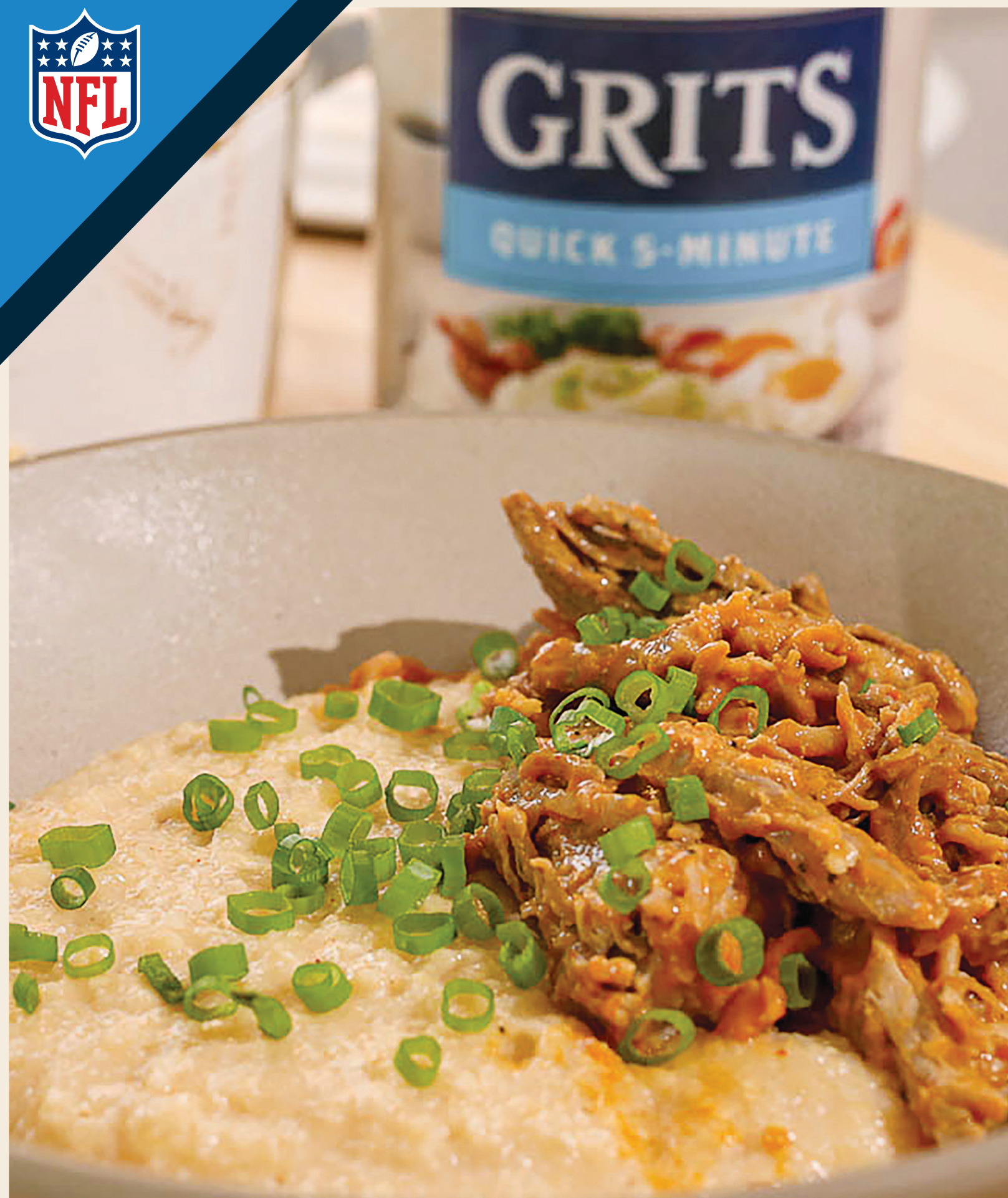




# CAROLINA GOLD BBQ PULLED PORK & GRITS

Savor gameday spirit with our Carolina Gold BBQ Pulled Pork & Grits. A touchdown-worthy dish inspired by the flavors of the Carolinas. This culinary play combines the **tangy goodness** of Carolina Gold barbecue sauce with tender pulled pork, served over **Southern-style Quaker® grits.**





QUAKER.  
CAROLINA

## CAROLINA GOLD BBQ PULLED PORK & GRITS

Makes 4 servings

### INGREDIENTS

- **1 cup** Quaker® Grits; Quick 5-minute
- **1 cup** chicken or vegetable stock, no sodium
- **1 cup** non-fat milk (or milk alternative)
- **¼ cup** smoked Gouda – shredded
- **¼ cup** smoked Cheddar – shredded
- **1 tsp** smoked paprika
- **¼ tsp** salt
- **½ tsp** white pepper

### DIRECTIONS

1. In a heavy-bottomed pot, heat milk and stock over medium-high heat, bring to a boil.
2. When mixture comes to a boil, gradually add grits while whisking.
3. Decrease heat to low and cover.
4. Whisk every few minutes to prevent grits from sticking.
5. Cook for 2 minutes or until grits are smooth and creamy.
6. Remove from heat and slowly add in cheese while stirring. Set aside.
7. Serve with your favorite North Carolina Gold BBQ Pulled Pork and enjoy!





# CHI-TOWN CHOW

The windy city just got **a mouth-watering win** that's great for gameday or any day! Chi-Town Chow is our Quaker twist on classic Chicago flavors.





QUAKER.  
CHICAGO  
**CHI-TOWN  
CHOW**

Makes 6 servings

**INGREDIENTS**

- 1 ½ cup Quaker® Brown Sugar Oatmeal Squares
- ½ cup caramel chips/morsels
- ¼ cup cheddar powder
- Pinch kosher salt

**DIRECTIONS**

1. Microwave caramel chips/morsels in a large microwavable bowl for 45 seconds (time varies based on microwave).
2. Add salt and stir caramel chips until smooth. Pour the Quaker® Oatmeal Squares in, and fold with a spatula until well coated.
3. Add more cereal if there is excess caramel.
4. Add cheddar powder and continue to fold until the surface is powdery with cheese, not sticky with caramel.
5. Alternatively, add caramel-coated cereal into a resealable bag, pour in cheese powder and shake until coated. Enjoy!





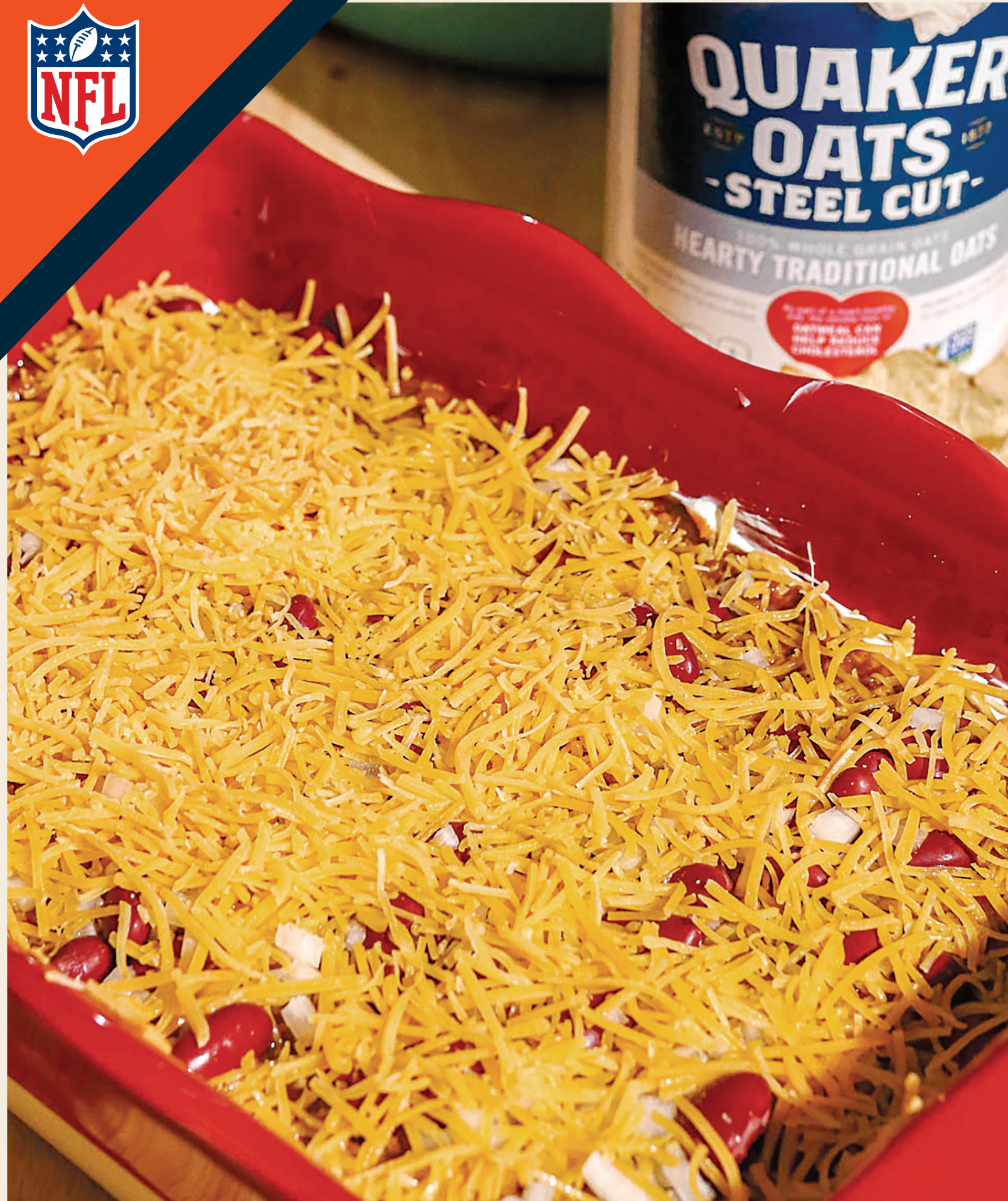
CININNATI

# CINCI-STYLE DIP

This Cinci-Style Dip is **the perfect gameday table topper** for hungry guests, combining the flavor of Cincinnati's famous chili with a touchdown of cheesy goodness. With every scoop, you'll **score big with fellow fans.**







QUAKER  
CININNATI

# CINCI-STYLE DIP

Makes 18 servings

## INGREDIENTS

- **1 cup** Quaker® Steel Cut Oats
- **10 oz** beef – lean (90/10)
- **8 cups** beef stock, no salt added
- **1 15 oz** canned tomatoes, low sodium sauce
- **1 15 oz** canned red kidney beans, drained and rinsed
- **4 ¼ cups** yellow onions, diced small
- **3** cloves garlic, minced
- **1 tsp** kosher salt (optionally more for seasoning)
- **½ tsp** black pepper
- **1 tsp** cumin
- **1 tsp** cinnamon
- **½ tsp** allspice
- **¼ tsp** nutmeg
- **¼ tsp** cloves
- **1 Tbsp** unsweetened cocoa powder
- **2 Tbsp** chili powder
- **½ tsp** cayenne powder
- **4 Tbsp** vegetable oil
- **6 oz** cheddar cheese (optional)
- **16 oz** cream cheese – low fat

## DIRECTIONS

1. Mix your spices, including salt, pepper, and cocoa powder, and set aside.
2. Add 1 Tbsp of oil into a heavy-bottomed pot and sear ground beef. Break beef into smaller pieces and allow to brown. Once browned, remove the beef from the pot and set aside.
3. Lower the heat to medium, add the remaining 3 Tbsp of oil and 4 cups of onions. Stir well to prevent the onions from getting stuck or browning for 2-3 minutes.
4. Lower the heat to medium-low and add the garlic, stirring to prevent browning, until aromatic.
5. Lower the heat to low. Stir in the spice mixture. Once spices are aromatic, add Quaker® Oats and fold into the mixture.
6. Once the oats are coated, add tomato sauce and beef, coating the oats evenly.
7. Pour in the stock, stir, and bring the heat up to high, stirring periodically until it comes to a boil, then lower back down to low and allow to simmer.
8. Simmer for 35-40 minutes, stirring occasionally throughout. Taste for seasoning and flavor - simmer longer if you'd like more concentrated flavors.
9. Let chili cool for 10 minutes and spread low-fat cream cheese onto your favorite casserole pan and pour the chili on top.
10. Add the kidney beans and the rest of the onions on top, then sprinkle with shredded cheese optionally.
11. Serve with Tostitos® and enjoy at your next gameday.





CLEVELAND

# CLEVELAND CHOCOLATE BROWN-IES

Cleveland just got **sweeter** with these Chocolate Cleveland Brown-ies made with Quaker® Oats. **Deliciously chocolatey**, these brownies are a great treat for gameday!





QUAKER.  
CLEVELAND

## CLEVELAND CHOCOLATE BROWN-IES

Makes 12 brownies

### INGREDIENTS

- **¾ cup** Quaker® Instant Oats
- **1 cup** Quaker® Oat Flour
- **1 cup** unsalted butter or margarine, melted and cooled
- **1 ¼ cups** white sugar
- **1 cup** packed light brown sugar
- **4 large** eggs, at room temperature
- **1 Tbsp** pure vanilla extract
- **1 cup** unsweetened cocoa powder
- **¾ tsp** salt

### DIRECTIONS

1. Preheat oven to 350°F.
2. Lightly grease an 8x12-inch baking pan with cooking oil spray.
3. Line with parchment paper (or baking paper); set aside.
4. Combine melted butter and sugars together in a medium-sized bowl. Whisk well to combine.
5. Add the eggs and vanilla; beat until lighter in color (another minute).
6. Sift in flour, cocoa powder, and salt.
7. Gently fold the dry ingredients into the wet ingredients until JUST combined (do NOT overmix, as doing so affects the brownies' texture).
8. Fold in oats.
9. Pour batter into prepared pan, smoothing the top out evenly.
10. Bake for 25-30 minutes until set. Enjoy!

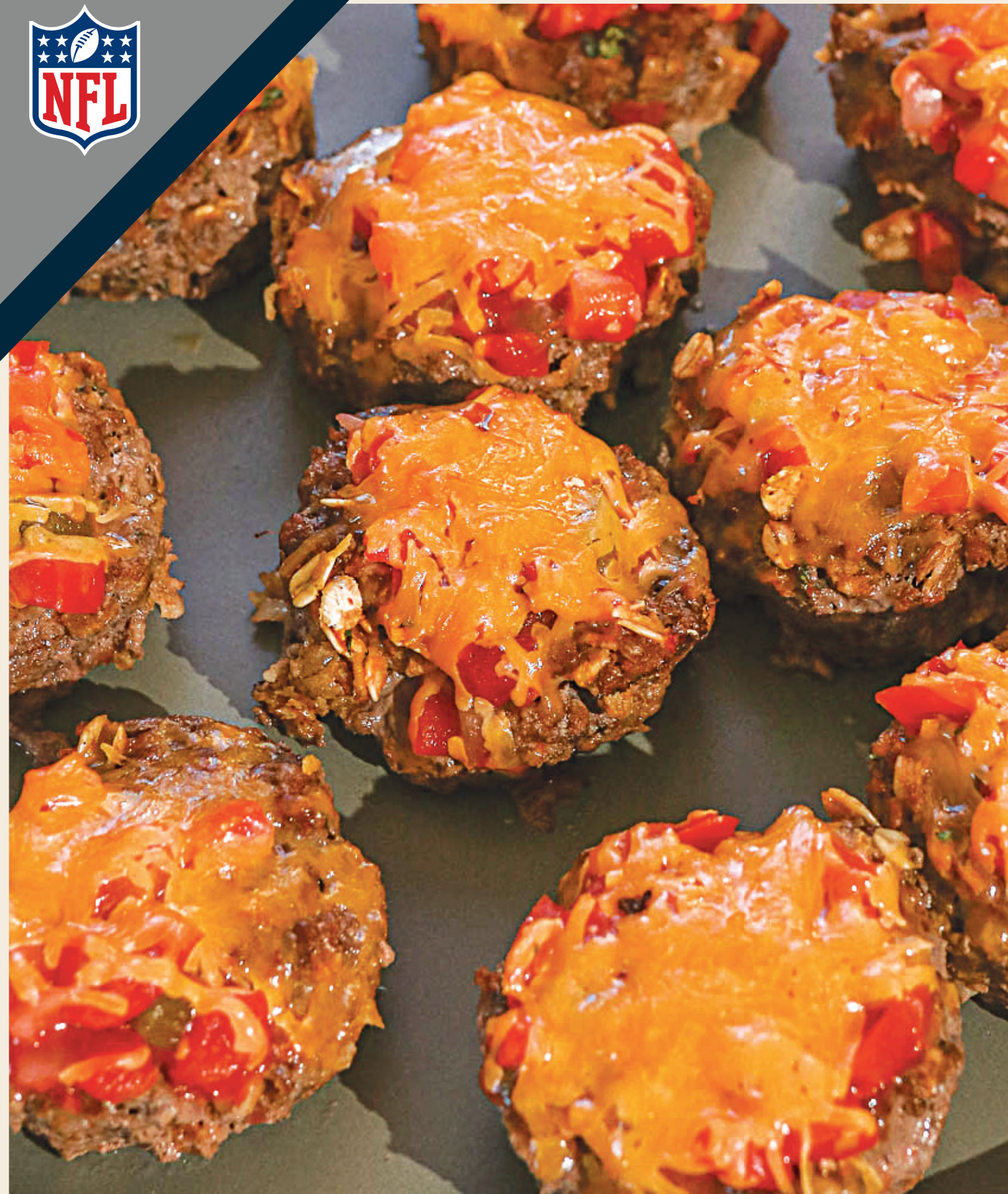




# DALLAS DEFENSE MINI MEATLOAVES

**Tex-Mex meets classic gameday flavor** in these meaty, flavor-filled mini meatloaves that will feed your entire squad.





QUAKER.  
DALLAS

# DALLAS DEFENSE MINI MEATLOAVES

Makes 6 servings

## INGREDIENTS

- 1 ½ pounds lean ground beef
- ¾ cup Quaker® Oats (quick or old fashioned, uncooked)
- ½ cup mild chunky salsa
- ¼ cup chopped fresh cilantro
- 1 egg, lightly beaten
- 2 tsp chili powder
- 1 ½ tsp ground cumin
- ½ tsp salt (optional)

## TOPPINGS

- ¾ cup mild chunky salsa
- ¾ cup (3 oz) shredded cheddar cheese

## DIRECTIONS

1. Heat oven to 400°F.
2. For meatloaves, combine all ingredients in large bowl, mixing lightly but thoroughly.
3. Using a muffin tin, press approximately ⅓ cup beef mixture into each of 12 medium muffin cups.
4. Bake 15 to 20 minutes to medium (160° F) doneness until not pink in center and juices show no pink color.
5. Remove meatloaves from oven.
6. Top each meatloaf with 1 Tbsp salsa and 1 Tbsp cheese.
7. Return to oven; continue baking 3 minutes or until cheese is melted.
8. Use narrow metal spatula or knife to loosen and then lift meatloaves from pan.

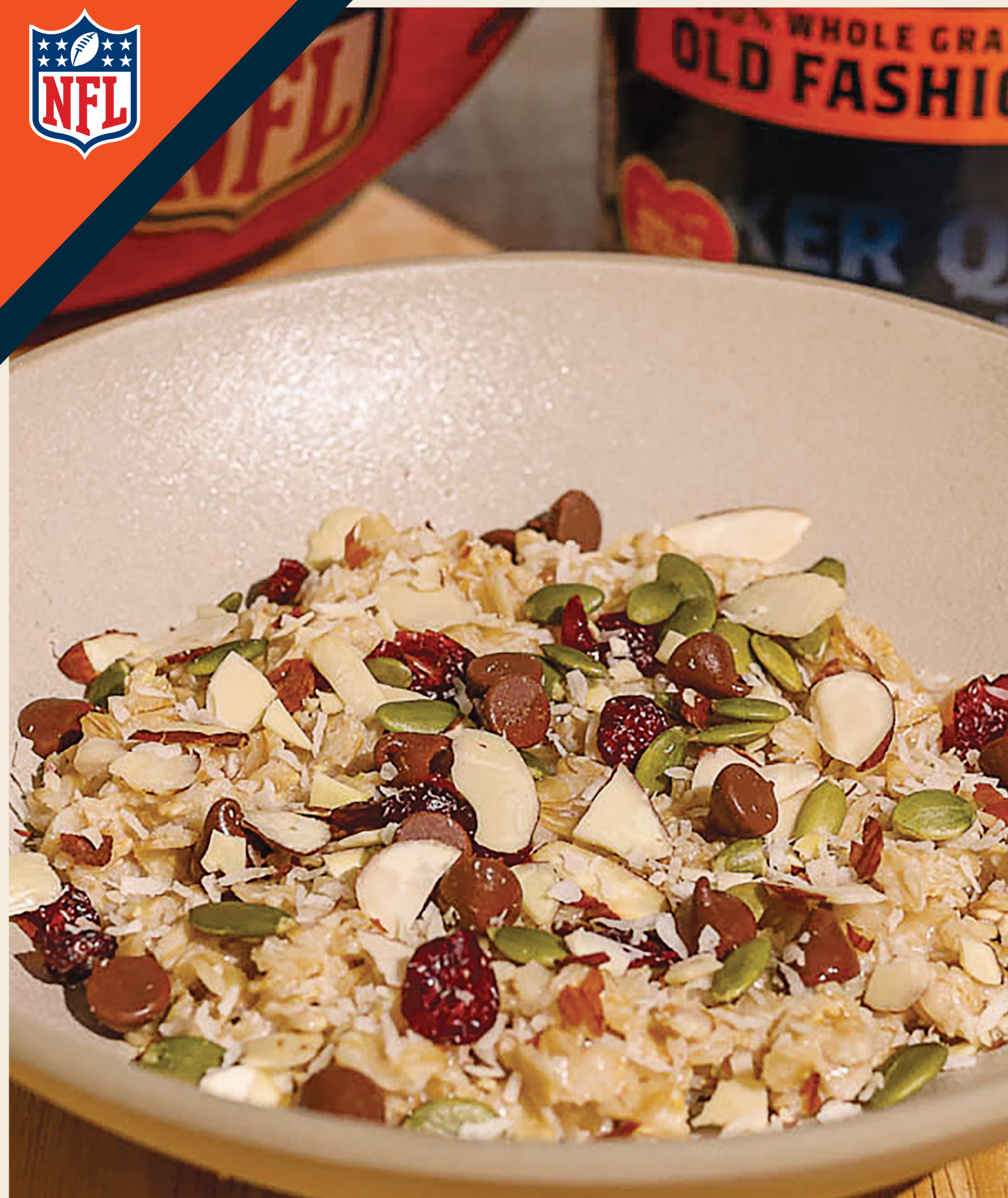




# MILE HIGH TRAIL MIX OATMEAL

Our **hearty and delicious** Rocky Mountain Trail Mix Oatmeal has nuts, seeds, dried fruit and chocolate chips to **take your tastebuds mile-high.**





QUAKER.  
DENVER

# MILE HIGH TRAIL MIX OATMEAL

Makes 1 serving

## INGREDIENTS

- ½ cup Quaker® Oats (Quick or Old Fashioned, uncooked)
- ½ cup nonfat milk
- 1 tsp raw pumpkin seeds
- 1 tsp sliced almonds
- 1 tsp coarsely chopped pecans
- 1 tsp dark chocolate chips
- 1 tsp unsweetened dried cranberries
- 1 tsp unsweetened coconut

## DIRECTIONS

1. In a medium saucepan, bring milk to a gentle boil (watch carefully).
2. Stir in oats.
3. Cook, uncovered, over medium heat.
4. Cook 1 minute for Quaker® Quick Oats, 5 minutes for Quaker® Old Fashioned Oats, stirring occasionally.
5. Toss together pumpkin seeds, almonds, pecans, chocolate chips, cranberries, and coconut.
6. Sprinkle over oatmeal and enjoy.



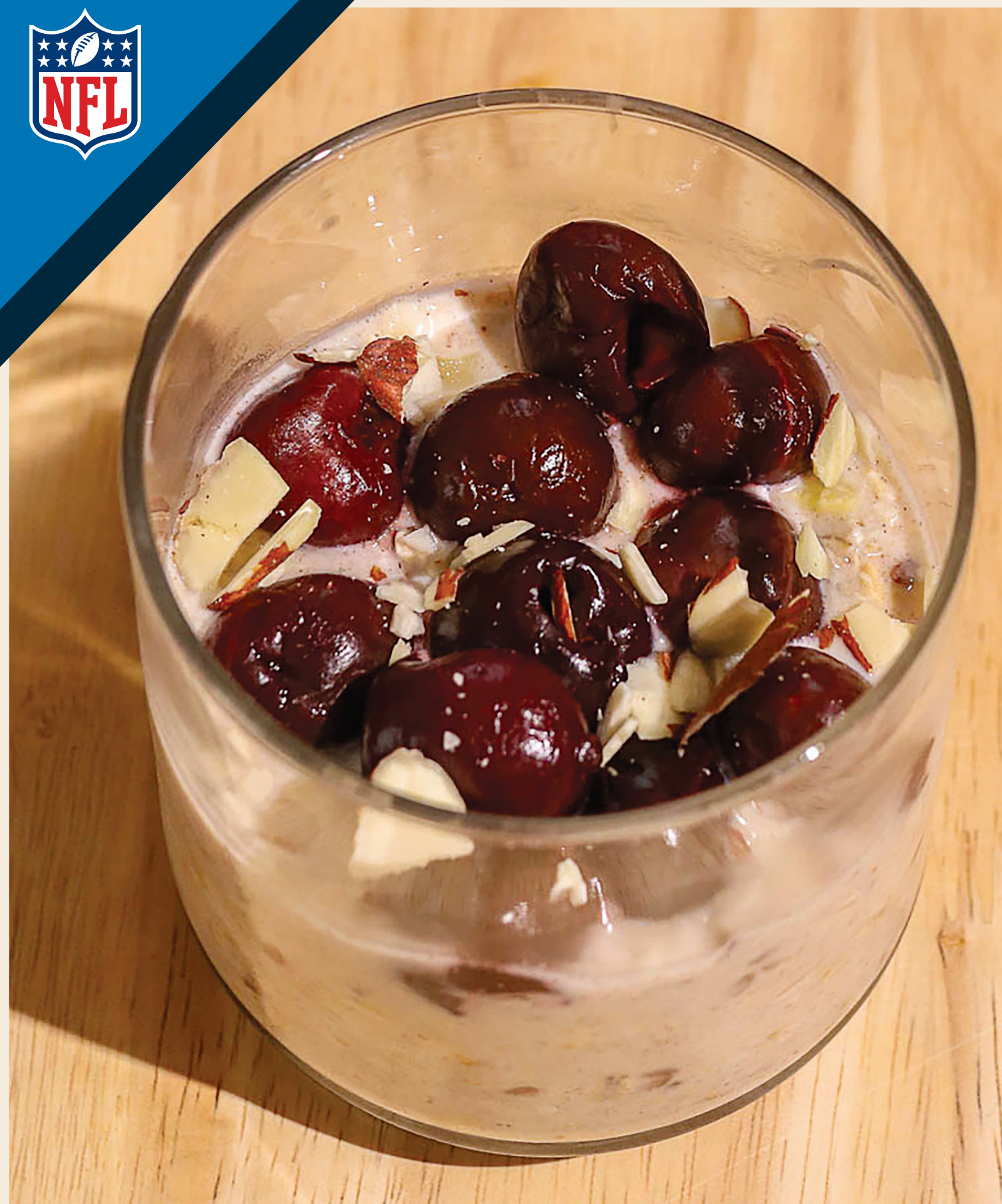


# MOTOR CITY CHERRY VANILLA OVERNIGHT OATS

Our **subtly sweet** Cherry Vanilla Overnight Oats are inspired by Michigan's famous cherries. Enjoy on gameday morning before you **Defend the Den!**







QUAKER.  
DETROIT

## MOTOR CITY CHERRY VANILLA OVERNIGHT OATS

Makes 1 serving

### INGREDIENTS

- ½ cup Quaker® Oats, Old Fashioned Oats
- ½ cup nonfat milk
- ¼ cup plain, nonfat yogurt
- 1 Tbsp of honey
- ½ cup cherries, pitted
- ½ Tbsp vanilla extract
- ¼ cup almond slices
- 1 tsp cinnamon
- 1 tsp flaxseed

### DIRECTIONS

1. Mix milk, yogurt, honey, flaxseed, vanilla extract, and cinnamon.
2. Add Quaker® Old Fashioned Oats to the milk mixture.
3. Pour into desired containers and top with almonds and pitted cherries.
4. Place in fridge and let steep for at least 8 hours in a refrigerator 40°F or colder.
5. Best enjoyed the morning after.



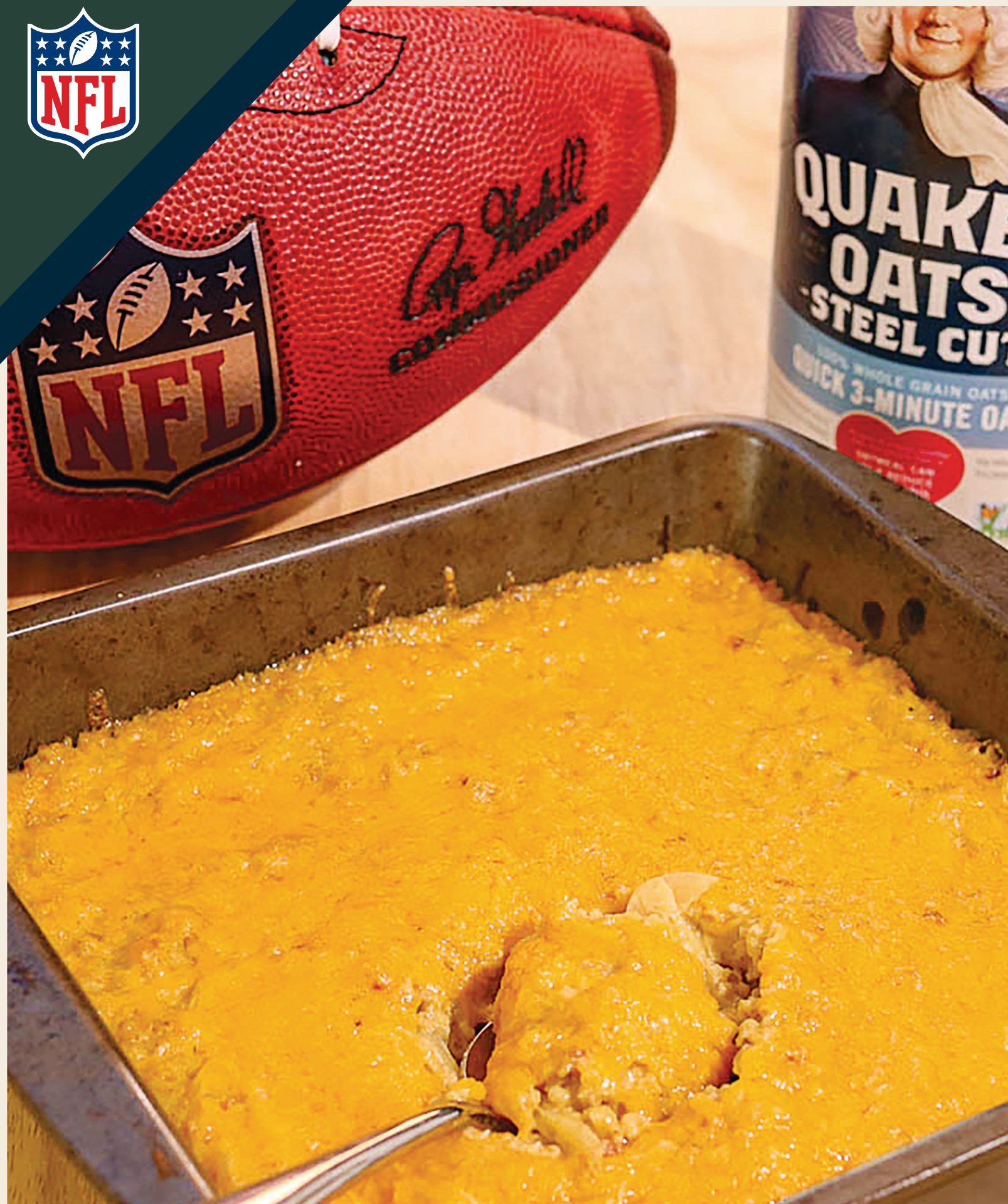


GREEN BAY

# CHEESY OATS & BACON

**Pack in the hearty flavor** of Green Bay with these Cheesy Oats. Combine oatmeal, crispy bacon, and of course cheese to help **kick-start your morning.**





QUAKER.  
GREEN BAY

# CHEESY OATS & BACON

Makes 3 servings

## INGREDIENTS

- **1 cup** Quaker® Steel Cut Oats – Quick 3-Minute
- **2 cups** 2% milk (or milk alternative)
- **1-4** slices of cooked lean bacon, chopped
- **¾ cup** yellow onion, sliced thinly
- **3 Tbsp** Dijon mustard
- **2 ¼ tsp** garlic powder
- **¼ tsp** kosher salt
- **1 tsp** white pepper powder
- **⅛ tsp** ground turmeric
- **½ tsp** paprika
- **4 oz** sharp cheddar, shredded

## DIRECTIONS

1. Preheat oven to 400°F.
2. In a 2 quart pan on medium high heat, drizzle olive oil and sauté onions until brown on edges, about 4-5 minutes.
3. Add milk to pan along with spices and mustard.
4. Bring milk to a boil, then pour in 4 oz of cheese and Quaker® Oats, while stirring.
5. Bring down to a simmer.
6. Add the chopped bacon and stir the mixture periodically to prevent it from sticking.
7. Allow to cook for 10 minutes.
8. Pour into a baking dish and top with the remaining cheese.
9. Place in oven for 8-10 minutes or until cheese starts to brown and crisp.
10. Enjoy!





# TEXAS-STYLE PECAN PIE BARS

We brought you **our take on the Texas-state pie** with our Texas-style Pecan Pie Bars. These are sure to make your **gameday highlights!**





QUAKER.  
HOUSTON

# TEXAS-STYLE PECAN PIE BARS

Makes 32 bars

## INGREDIENTS

- **2 ¼ cups** Quaker® Oats (Quick or Old Fashioned, uncooked)
- **¾ cup (1 ½ sticks)** margarine or butter
- **2 cups** all-purpose flour
- **1 ½ cups** firmly packed brown sugar
- **¾ cup** shredded coconut (optional)
- **1 tsp** baking soda
- **1 tsp** salt (optional)
- **½ cup** maple syrup
- **1 egg**, lightly beaten
- **1 tsp** vanilla extract

## TOPPINGS

- **1 ¼ cups** chopped pecans
- **¼ cup** firmly packed brown sugar
- **¼ cup** maple syrup

## DIRECTIONS

1. Heat oven to 350°F.
2. Lightly spray 9x13-inch baking pan with non-stick cooking spray.
3. Melt butter or margarine; set aside to cool.
4. In large bowl, combine oats, flour, brown sugar, coconut, baking soda and salt; mix well.
5. In small bowl, combine melted margarine/butter, syrup, egg and, vanilla; mix well.
6. Add to oat mixture; mix well. Dough will be stiff.
7. Press dough evenly onto bottom of pan.
8. Combine pecans, maple syrup and, brown sugar in small bowl.
9. Sprinkle evenly over dough; press down lightly.
10. Bake 35 to 38 minutes or until edges are set but middle is soft.
11. Cool completely in pan on wire rack.
12. Cut into bars. Store tightly covered.



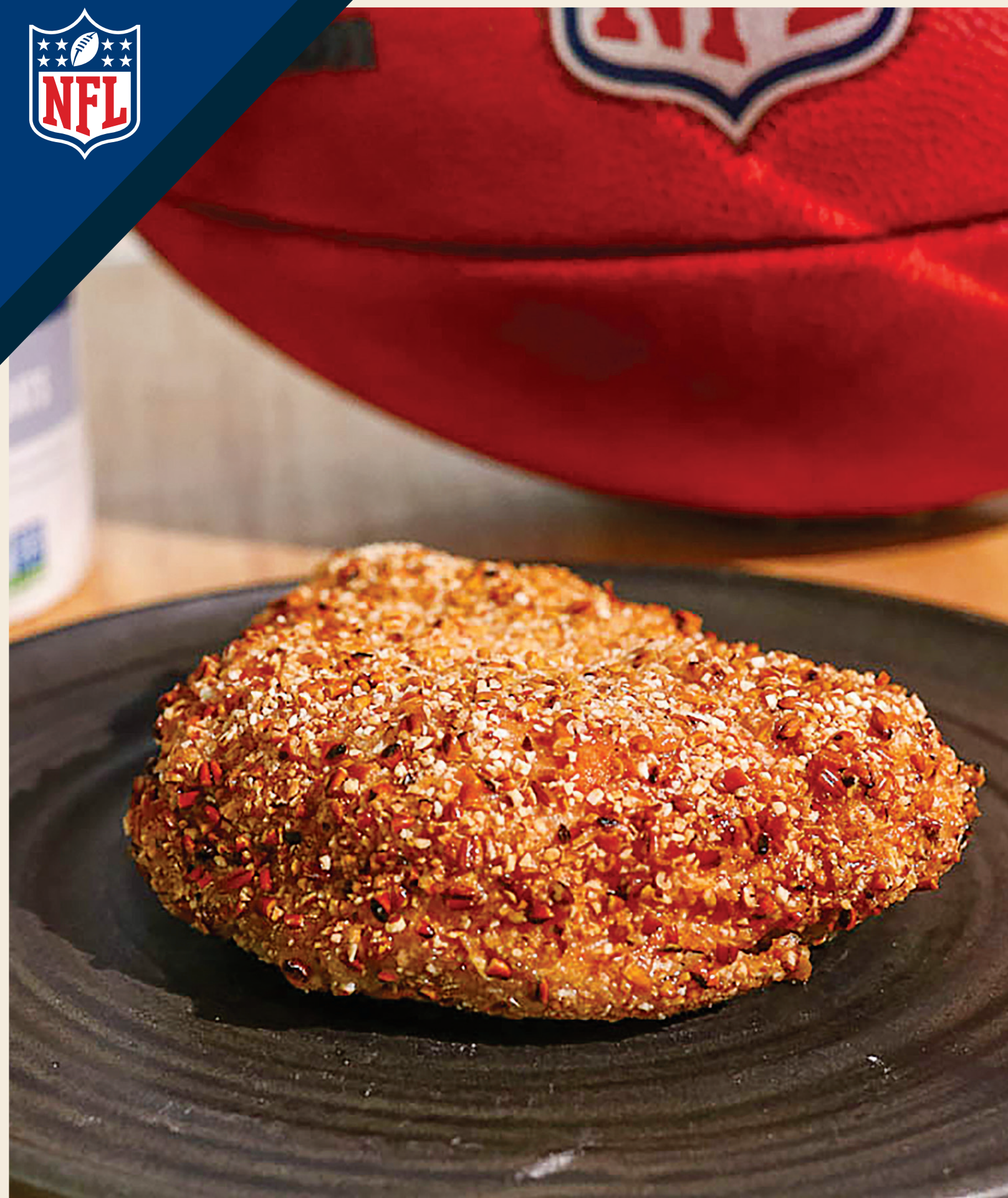


INDIANAPOLIS

# INDY ENDZONE PORK CHOPS

Pass the pork chops on any gameday. This recipe uses Quaker® Steel Cut Oats to give these pork chops a toasty, nutty, and crunchy breading, **perfect for the Indy flair.** It's **a game-changer** that'll have your fellow football fans calling an audible.





QUAKER®

INDIANAPOLIS

# INDY ENDZONE PORK CHOPS

Makes 2 servings

## INGREDIENTS

- **2 4 oz** Pork Tenderloin Portions
- Vegetable oil - as needed for frying
- **Pinch** of salt, kosher
- **Pinch** of black pepper, ground

### Breading Mixture 1

- **½ cup** Quaker® Oat Flour
- **½ cup** cornstarch
- **½ tsp** garlic powder

- **½ tsp** onion powder
- **½ tsp** dried marjoram
- **½ tsp** black pepper
- **½ tsp** dried oregano
- **1 tsp** salt

### Breading Mixture 2

- **½ cup** Quaker® Steel Cut Oats
- **½ cup** Quaker® Yellow or White Corn Meal

- **½ cup** Corn Starch
- **1 tsp** salt
- **½ tsp** black pepper
- **¼ tsp** cayenne pepper

### Breading Mixture 3

- **2** large eggs
- **Pinch** of salt

## DIRECTIONS

1. Mix ingredients from breading mixture 1 in a wide bowl and set aside. Do the same for the breading mixture 2.
2. In a third bowl, whisk eggs and salt until thoroughly whisked.
3. In an open plastic zipper bag, pound each pork cut one at a time until about ½ inch thick.
4. Thoroughly pat dry and lightly season both sides with salt and pepper.
5. Dip one at a time in each of the three mixtures, starting with the oat flour mixture, then the egg mixture, and lastly, the steel-cut oat mixture.
6. Coat thoroughly and shake off any excess. Set aside until ready to cook.
7. To cook the pork, heat at least 2 inches of oil in a high-sided pot to 350°F and gently dip 1 breaded pork partially into the oil.
8. Using tongs, hold for 5 seconds before carefully placing it entirely into the oil, dipping it away from you to prevent splashing.
9. Fry for 2-4 minutes until oats are a darker golden brown.
10. Flip the pork cutlet as needed to fry both sides. Flip in an away-from-you motion to prevent splashing.
11. After frying, place on a rack to cool and repeat with a second cutlet. Let the pork cutlets cool and serve with your favorite steamed vegetables.





JACKSONVILLE

# TROPICAL KEY LIME BARS

These Tropical Key Lime Bars are **inspired by the iconic beaches of Jacksonville.** This delicious recipe delivers the tailgate winning play of citrus flavors, chewy oats, and crunchy nuts.







QUAKER  
JACKSONVILLE

# TROPICAL KEY LIME BARS

Makes 32 bars

## INGREDIENTS

- **2 cups** Quaker® Oats (Quick or Old Fashioned, uncooked)
- **1 ¼ cups** all-purpose flour
- **¾ cup** granulated sugar
- **8 Tbsp** (1 stick) butter or margarine, softened
- **½ tsp** salt (optional)
- **1 can** (14 oz) low-fat sweetened condensed milk (not evaporated)
- **½ cup** reduced-fat sour cream
- **½ cup** fresh Key lime juice (about 3 key limes)
- **2 tsp** firmly packed, finely grated key lime zest (from 2 to 3 limes)
- **½ cup** shredded coconut
- **¾ cup** macadamia nuts, chopped (about one 3 ½ oz jar), optional

## DIRECTIONS

1. Heat oven to 350°F.
2. Lightly spray 9x13-inch baking pan with cooking spray.
3. In large bowl, beat sugar and butter until creamy.
4. Add oats, flour and salt; mix until crumbly.
5. Reserve 1 cup oat mixture for topping.
6. Press remaining oat mixture into bottom of baking pan.
7. Bake 10 minutes.
8. In a separate bowl, combine sweetened condensed milk, sour cream, key lime juice and key lime zest; mix well.
9. Pour evenly over crust.
10. Combine reserved oat mixture with coconut and nuts and mix well.
11. Sprinkle evenly over filling, patting gently.
12. Bake 30 to 34 minutes or until topping is light golden brown.
13. Cool completely in pan on wire rack.
14. Cut into bars.
15. Store tightly covered in refrigerator.





KANSAS CITY

# KANSAS CITY BBQ CHEESY CORN CASSEROLE

Score a taste of Kansas City with this **classic BBQ side dish—cheesy corn casserole** featuring Quaker® Oats. Serve it up with your favorite KC BBQ as you **cheer your team to victory.**





QUAKER.  
KANSAS CITY

# KANSAS CITY BBQ CHEESY CORN CASSEROLE

Makes 8 servings

## INGREDIENTS

- **1 cup** Quaker® Steel Cut Quick 3-minute Oats
- **4 cups** skim milk, or milk alternative
- **1½ cans** corn; whole kernels canned, no salt added
- **6-8 oz** sharp cheddar, shredded
- **3 Tbsp** Dijon mustard
- **2¼ tsp** garlic powder
- **¼ tsp** salt
- **1 tsp** white pepper powder
- **⅛ tsp** turmeric
- **½ tsp** paprika

## DIRECTIONS

1. Preheat oven to 400°F.
2. Add milk to a 2 quart pan along with spices and mustard.
3. Bring milk to a boil, then pour in 4-6 oz of cheese and Quaker® Oats, while stirring.
4. Bring down to a simmer.
5. Add the corn and stir the mixture periodically to prevent it from sticking.
6. Allow to cook for 10 minutes.
7. Pour into a baking dish and top with the remaining cheese.
8. Place in oven for 8-10 minutes or until cheese starts to brown and crisp.
9. Enjoy with your favorite Kansas City BBQ!





QUAKER  
-ESTD 1877-  
LAS VEGAS

# VEGAS WEDDING CAKE

Bite into a wedding cake with a Quaker twist. This delectable dessert is **fit for any Vegas football fan's celebration party.** As you dig in, you'll taste the team spirit baked into every morsel.





QUAKER.  
LAS VEGAS

# VEGAS WEDDING CAKE

Makes 12 servings

## INGREDIENTS

- 1 cup Quaker® Oat Flour
- ½ cup granulated sugar
- ½ cup plain 2% fat Greek yogurt
- ⅓ cup vegetable oil
- 3 large eggs
- ½ tsp vanilla extract
- ½ cup ground almonds
- 2 tsp baking powder
- ½ tsp fine salt
- Buttercream frosting (optional)
- Icing sugar for dusting (optional)

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Grease a 9-inch round cake pan; line with parchment paper.
3. Add the vanilla yogurt, oil, eggs, and vanilla extract, and whisk until combined.
4. Add the Quaker® Oat Flour, sugar, almonds, baking powder, and salt and whisk until combined and no lumps are visible.
5. Pour mixture into the prepared pan and bake for 30-35 minutes, until a tester inserted into the center of the cake comes out clean.
6. Cool the cake in the pan on a rack for 15 minutes, then tip out onto the rack to cool completely.
7. Ice with your favorite buttercream frosting and dust with icing sugar before slicing to serve.
8. The cake will stay fresh when well-wrapped at room temperature for up to 3 days.



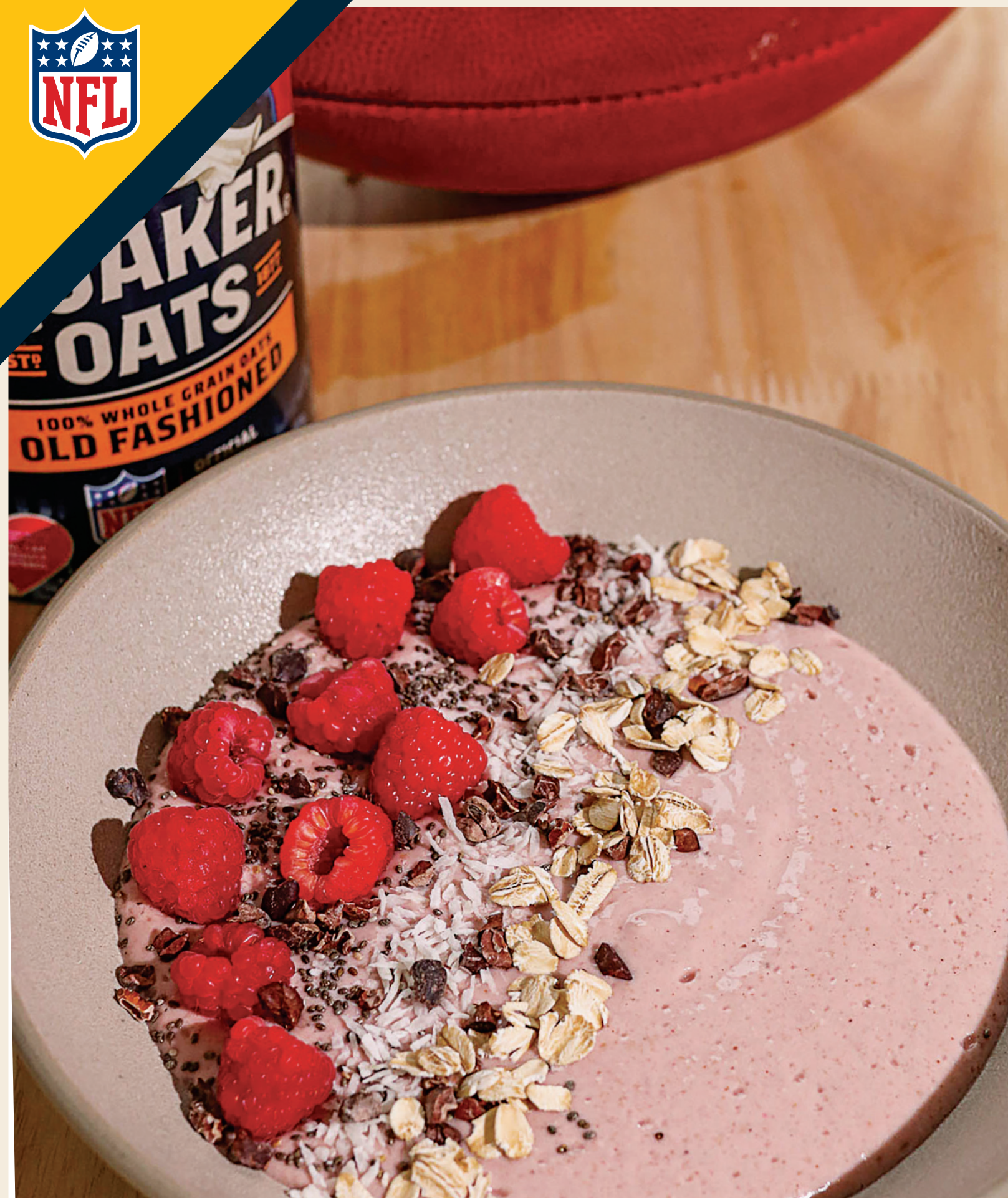


LOS ANGELES

# BERRY SMOOTHIE BOWL

**Electrify your morning** with our Berry Smoothie Bowl, a delicious breakfast option with bananas, raspberries, and, of course, Quaker® Oats.





QUAKER.  
LOS ANGELES

# BERRY SMOOTHIE BOWL

Makes 2 servings

## INGREDIENTS

- **¼ cup** Quaker® Old Fashioned Oats
- **1** frozen banana
- **1 cup** fresh raspberries
- **½"** piece of ginger, peeled
- **3 Tbsp** lemon juice
- **Pinch** of cayenne pepper
- **¾ cup** milk of your choice
- **1 Tbsp** almond butter or nut butter of your choice

## TOPPINGS

- Fresh Raspberries
- Chia Seeds
- Unsweetened Shredded Coconut
- Banana
- Cocoa Nibs
- Almond Slices
- Quaker® Oats

## DIRECTIONS

1. Place all ingredients in a blender and mix until smooth.
2. Pour smoothie into bowl and top with the suggested toppings, as desired.

### Tip:

For a smoother consistency, microwave the oats with ¼ cup water for 1 minute, cool, then add to blender.





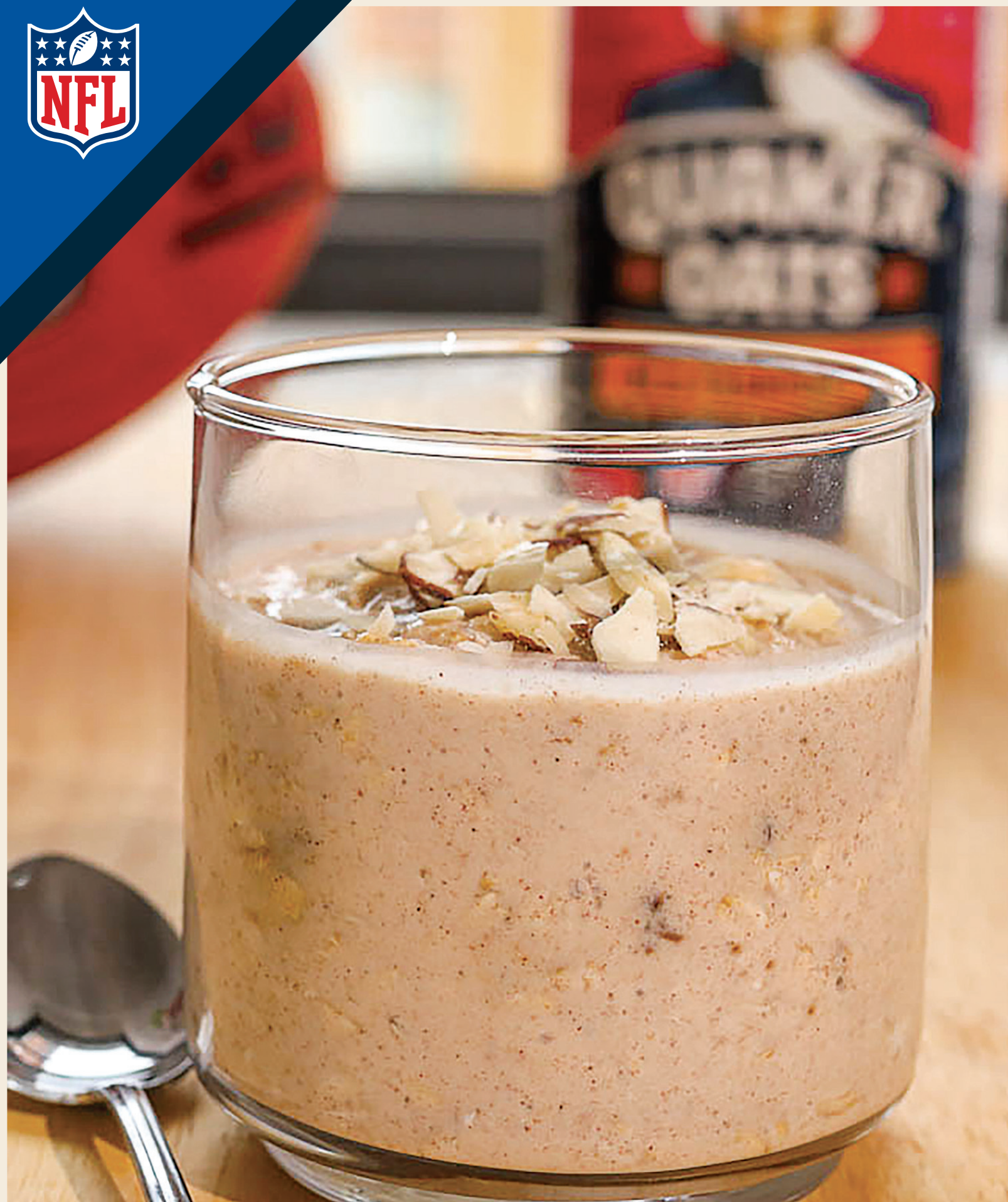
LOS ANGELES

# SOCAL HORCHATA OATS

**Rise and shine** like an LA fan with our Horchata Overnight Oats, blending the rich flavors of horchata with creamy oats, spices, and **a touch of sweetness.**







QUAKER.  
LOS ANGELES

# SOCAL HORCHATA OATS

Makes 1 serving

## INGREDIENTS

- ½ cup Quaker® Old Fashioned Oats
- ½ cup almond milk, or milk of your choice
- ½ cup low fat vanilla yogurt
- 2 dates, pitted and chopped
- ½ tsp vanilla extract
- ½ tsp ground cinnamon
- 2 Tbsp chopped almonds
- 1 tsp honey
- Pinch of ground cloves
- Pinch of sea salt

## DIRECTIONS

1. Mix milk, yogurt, spices, honey, dates and vanilla extract in a container of choice.
2. Fold in Quaker® Oats and refrigerate overnight or at least 8 hours.
3. Top with chopped almonds.
4. Enjoy!

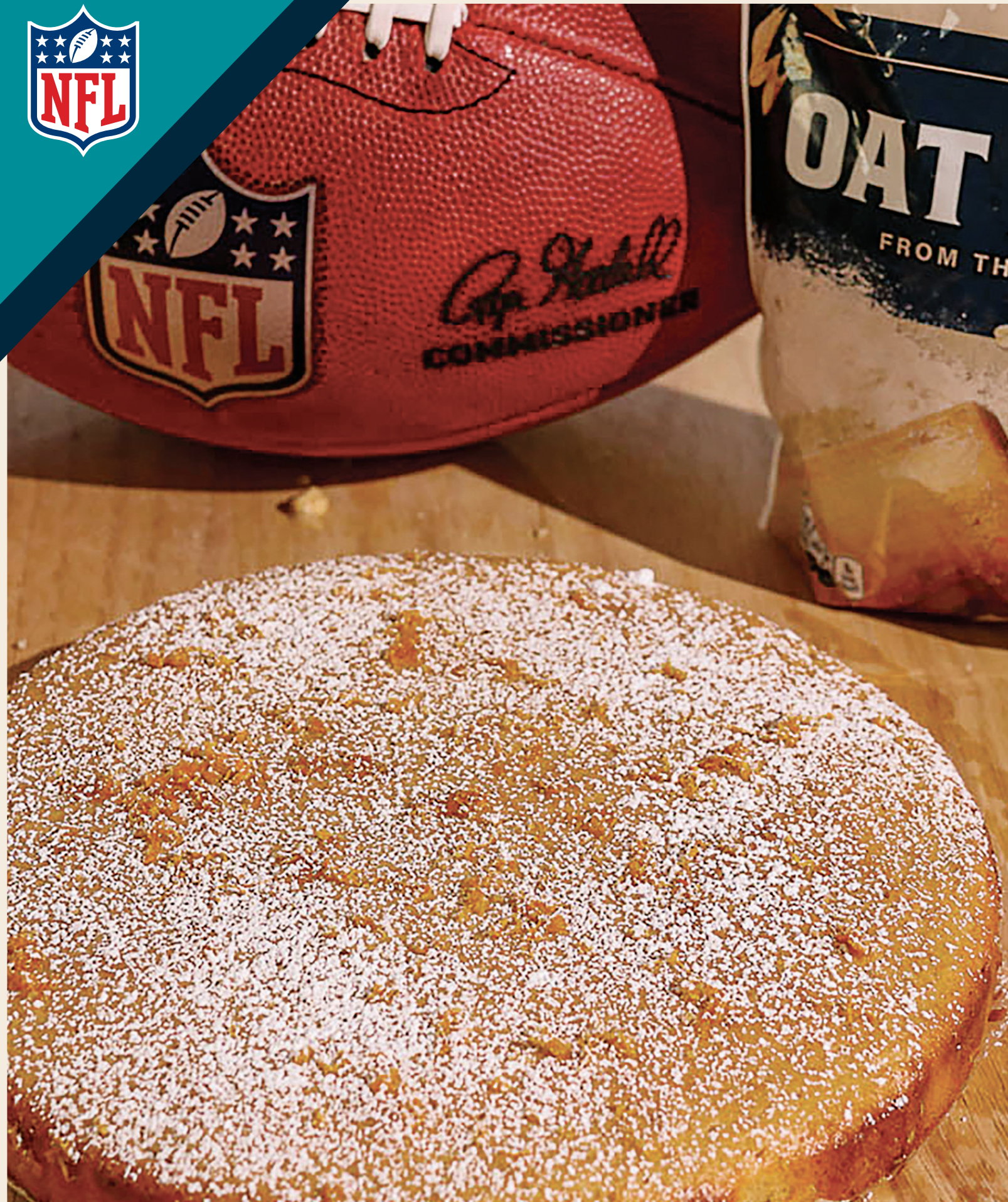




# MIAMI ORANGE CAKE

**Dive into a taste of Miami** with our oat flour orange cake, inspired by the vibrant flavors of the 305. This zesty dessert, made with delicious oat flour and fresh oranges, is a great way to **bring touchdown taste to your table.**





QUAKER.  
MIAMI  
**MIAMI  
ORANGE CAKE**

Makes 12 servings

**INGREDIENTS**

- 1 cup Quaker® Oat Flour
- ½ cup granulated sugar
- 2 oranges, zested
- ½ cup plain 2% fat Greek yogurt
- ⅓ cup vegetable oil
- 3 large eggs
- 1 Tbsp vanilla extract
- ¼ tsp orange extract
- ½ cup ground almonds
- 2 tsp baking powder
- ½ tsp fine salt
- Icing sugar for dusting (optional)

**DIRECTIONS**

1. Preheat the oven to 350°F.
2. Grease a 9-inch round cake pan; line with parchment paper.
3. Whisk together the sugar and orange zest of 1 ½ oranges in a large bowl.
4. Add the yogurt, oil, eggs, vanilla extract, and orange extract and whisk until combined.
5. Add the Quaker® Oat Flour, almonds, baking powder, and salt and whisk until combined and no lumps are visible.
6. Pour mixture into the prepared pan and bake for 30-35 minutes, until a tester inserted into the center of the cake comes out clean.
7. When done, sprinkle with remaining orange zest. Cool the cake in the pan on a rack for 15 minutes, then tip out onto the rack to cool completely.
8. Dust with icing sugar before slicing to serve. The cake will keep well-wrapped at room temperature for up to 3 days.



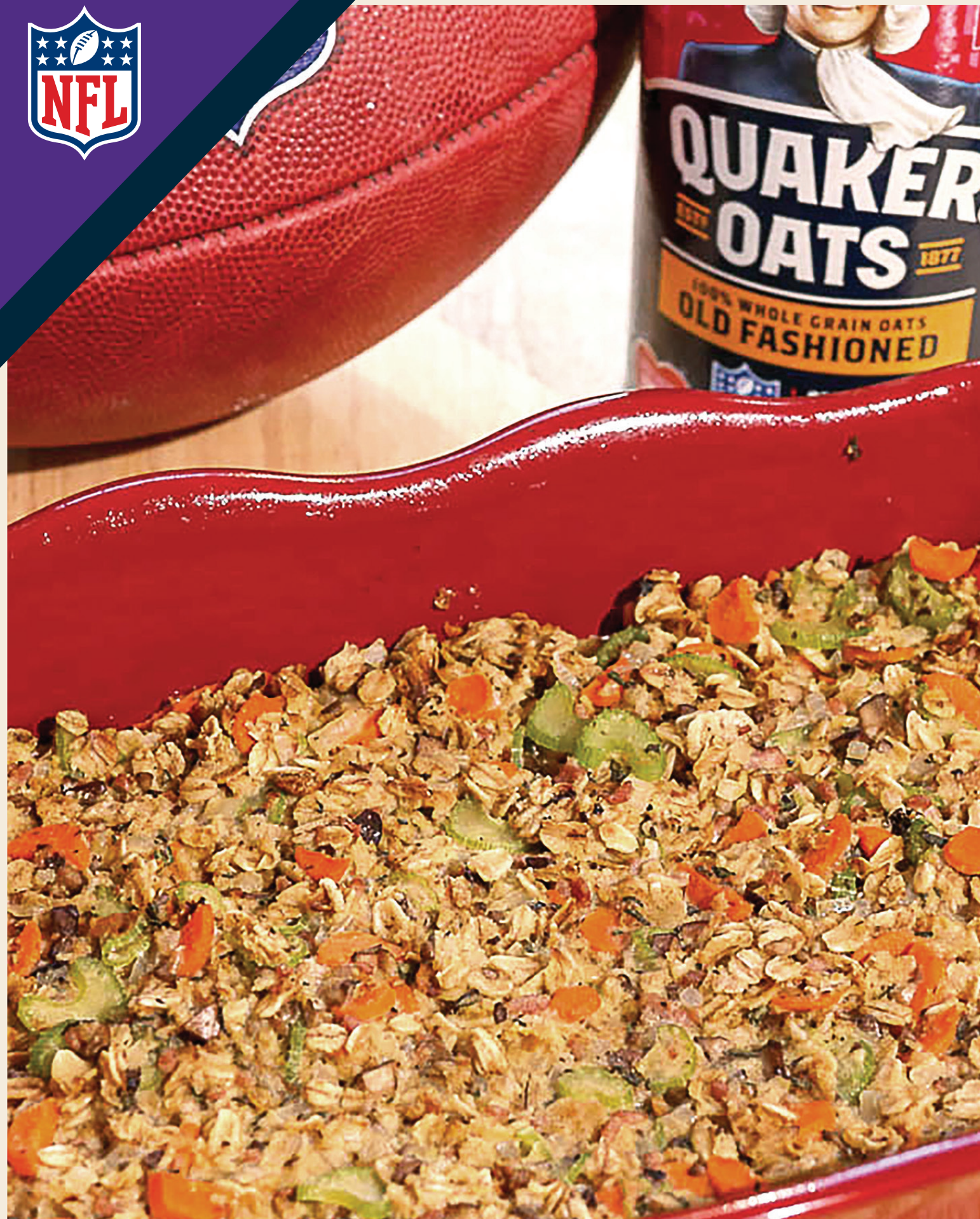


MINNESOTA

# HOT DISH STUFFING

**Great for gameday,** our oat-based stuffing is a delicious addition to any Minnesota Hot Dish.





QUAKER  
MINNESOTA

# HOT DISH STUFFING

Makes 6-8 servings

## INGREDIENTS

- 1 ½ Cups Quaker® Old Fashioned Oats
- 2 slices turkey bacon or lean pork bacon, chopped
- 2-2 ½ cups low or no sodium chicken broth
- 2 tsp olive oil
- 1 medium onion, chopped
- 3 stalks of celery thinly sliced
- 1 medium carrot, finely chopped or sliced
- 8 oz mushrooms (cremini, shiitake, etc.) chopped
- 1 large egg, lightly beaten
- 1 Tbsp fresh sage, chopped
- 1 tsp fresh thyme
- ¼ tsp black pepper
- Pinch of salt

## OAT CROUTON CRUMBLES

- 1 cup Quaker® Oat Flour
- ¼ cup water
- 1-2 tsp butter or olive oil
- ¼ tsp baking powder
- ½ tsp poultry seasoning
- ¼ tsp vegetable broth powder or sea salt (optional)
- 1 tsp agave (optional)

## DIRECTIONS

1. Preheat oven to 350°F.
2. Combine all dry ingredients with crouton crumbles in a bowl, mix well.
3. Combine butter or oil and water, pour over dry ingredients and toss to resemble a streusel-like crumble.
4. Line baking pan with parchment paper and spray with pan spray.
5. Spread mixture onto tray and bake for 15-25 minutes (mix crumble midway through).
6. Bake until lightly golden brown on the edges.
7. Crumble should be both crunchy & slightly tender.
8. While crouton crumbles bake, add the bacon to a non-stick sauté pan over medium heat.
9. Cook, stirring frequently until bacon is crisp, about 5 minutes.
10. Remove the bacon from the pan and place in a large mixing bowl.
11. Add the olive oil to the sauté pan, add the onion, celery and carrot.
12. Add a pinch of salt and cook, stirring frequently until vegetables are tender, about 8 minutes.
13. Transfer vegetables to the mixing bowl with bacon.
14. Add the mushrooms to sauté pan and cook, stirring frequently until browned, about 5-6 minutes.
15. Add to mixing bowl.
16. Toss the cooled, baked crouton crumbles into the mixing bowl along with eggs, sage & thyme.
17. Mix lightly until incorporated.
18. Heat 2 cups chicken broth, pour over stuffing mixture, stirring gently.
19. Let mixture sit for 5-10 minutes until broth is absorbed, and spread into 9x13 baking dish coated with nonstick spray.
20. Add additional broth if stuffing looks dry.
21. Bake at 350°F for 20-40 minutes.
22. Layer with your favorite canned soups and vegetables into a casserole pan to make a classic hot dish!





NEW ENGLAND

# APPLE CIDER CRANBERRY DONUTS

We brought together **iconic New England fall flavors** into a delicious donut that will have the whole team rallying for more!





QUAKER.  
NEW ENGLAND

## APPLE CIDER CRANBERRY DONUTS

Makes 24 3-inch donuts

### INGREDIENTS

- **¾ cup + 2 Tbsp** Quaker® Quick 1-minute Oats
- **1 ¼ cups** all-purpose flour
- **1 cup** (2 sticks) butter, unsalted
- **¾ cup** light brown sugar
- **¼ cup** granulated sugar
- **2 tsp** baking powder
- **1 tsp** ground cinnamon
- **½ tsp** ground nutmeg
- **¾ tsp** kosher salt

- **1 tsp** vanilla extract
- **2** large eggs
- **1 ½ cups** apple cider
- **¼ cup** dried cranberries

#### Cinnamon Sugar

- **½ oz** freeze-dried apples (optional)
- **½ cup** granulated sugar
- **½ tsp** cinnamon
- **Pinch** kosher salt

#### Icing

- **1 cup** powdered sugar
- **1 ½ Tbsp** reduced apple cider
- **1 Tbsp** heavy cream
- **¼ tsp** cinnamon (for icing)
- **Pinch** kosher salt

### DIRECTIONS

1. Preheat oven to 350°F, or 325°F if convection.
2. Spread oats on a sheet pan, toast in oven for 5 minutes. Set aside to cool.
3. Simmer apple cider in a small saucepan over low heat until reduced to about ¾ cup, about 20 minutes. Set aside to cool.
4. Make the brown butter by melting butter in a small saucepan over low heat. Increase the heat to medium and simmer, stirring with a rubber spatula. After 5-10 minutes, butter will begin to foam. Stir thoroughly and push foam aside as butter solids begin to turn brown. Immediately remove pan from heat, and plunge bottom of pan in ice water to stop cooking. Remove pan from ice water and set aside to cool.
5. For cinnamon sugar topping, grind freeze-dried apples and combine with sugar, cinnamon and salt. Set aside.
6. In a medium bowl, sift together flour, baking powder, cinnamon & nutmeg.
7. Whisk ¾ cup of toasted oats into dry ingredients.
8. In a separate bowl, cream together 9 tablespoons of brown butter, sugars, salt and vanilla with a mixer until light and fluffy. Add eggs one at a time, mixing well and scraping bowl after each addition.
9. With the mixer on low speed, add dry ingredients in increments, alternating with ½ cup reduced apple cider, starting and ending with dry ingredients. Stir after each addition until just combined. Stir in dried cranberries.
10. Transfer batter to piping bag or resealable plastic bag. Refrigerate batter 1 hour.
11. Heat oven to 400°F, or 375°F convection. Grease 3" donut pan with nonstick spray. Cut tip of piping bag, making sure opening is large enough for dried cranberries to pass. Pipe batter into pan, filling cavities no more than 1/3 full.
12. Place into oven and immediately drop temperature to 350°F, or 325°F if convection. Bake for 10 minutes or until a toothpick inserted into the thickest part of the donut comes out clean.
13. While baking, make the icing by whisking all ingredients together until well combined.
14. Unmold donuts, and brush tops with remaining melted brown butter. Dip tops in apple cinnamon sugar, shaking off excess. Drizzle with apple cider icing, and sprinkle with remaining toasted oats.





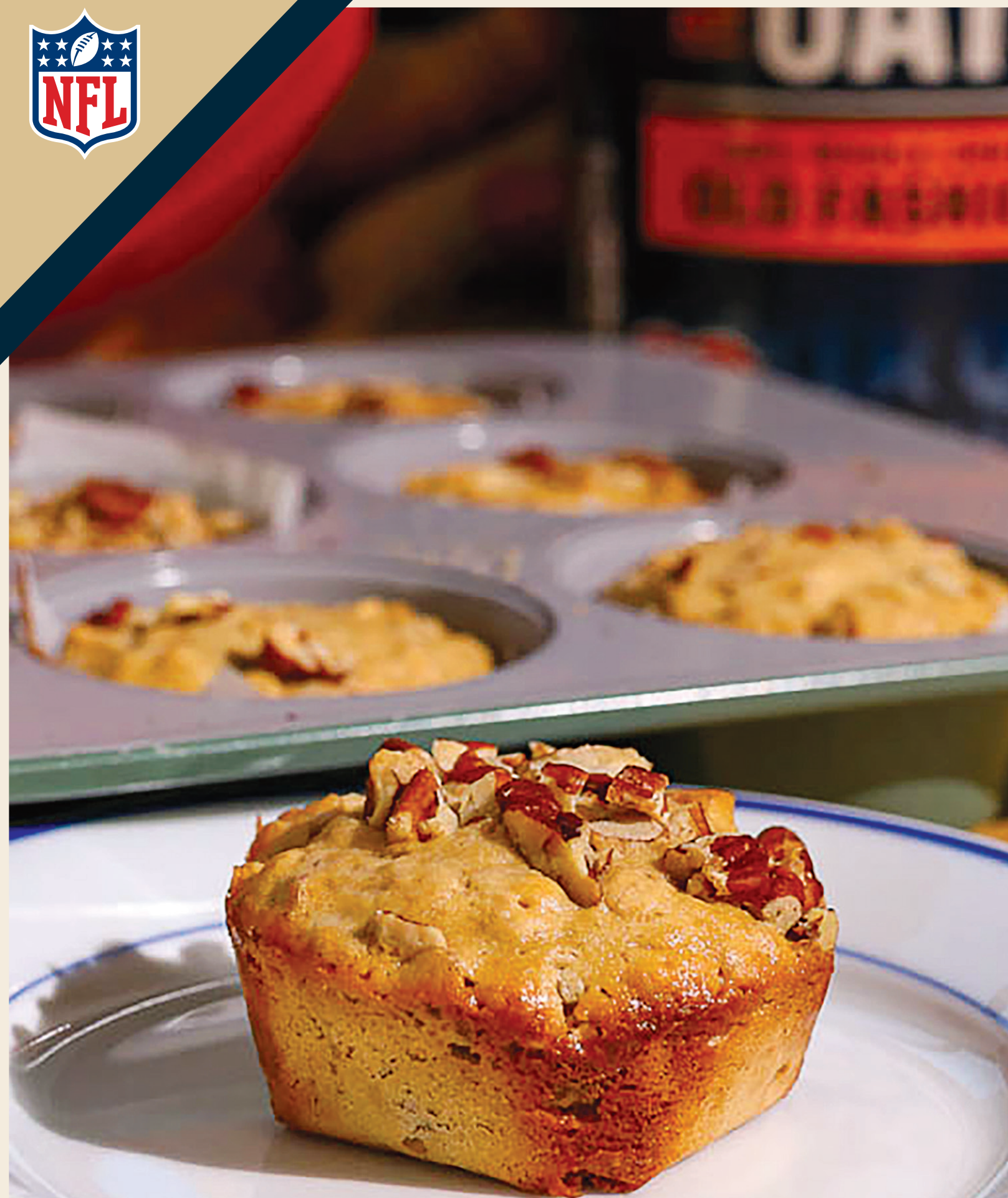
NEW ORLEANS

# PRALINES & CREAM MUFFINS

NOLA's love for sweet pecans inspires these delicious muffins, so **taste the Big Easy** with this warm Pralines 'N Cream inspiration.







QUAKER.  
NEW ORLEANS

# PRALINES & CREAM MUFFINS

Makes 12 muffins

## INGREDIENTS

- **1 cup** Quaker® Oats (Quick or Old Fashioned, uncooked)
- **1/3 cup** Quaker® Oat Flour
- **1/2 cup** all-purpose flour
- **1/2 cup** firmly packed brown sugar
- **1/3 cup** margarine or butter, softened
- **2/3 cup** milk
- **1 tsp** maple or vanilla extract
- **3/4 cup** chopped pecans
- **1** egg
- **3 oz** cream cheese
- **1/2 Tbsp** baking powder
- **1/2 tsp** salt

## DIRECTIONS

1. Heat oven to 350°F.
2. Line 12 medium muffin cups with paper baking cups.
3. In medium bowl, combine oats, flours, baking powder and 1/2 cup pecans; mix well.
4. In medium bowl, beat sugar, butter/margarine and cream cheese until creamy.
5. Slowly add egg and maple/vanilla extract, mix well.
6. Add milk; mix well.
7. Add to dry ingredients; stir just until dry ingredients are moistened.
8. Do not overmix.
9. Fill muffin cups until 3/4 full.
10. Sprinkle with remaining 1/4 cup pecans.
11. Bake 20 to 22 minutes or until golden brown.
12. Cool muffins in pan on wire rack for 5 minutes.
13. Remove from pan and enjoy!



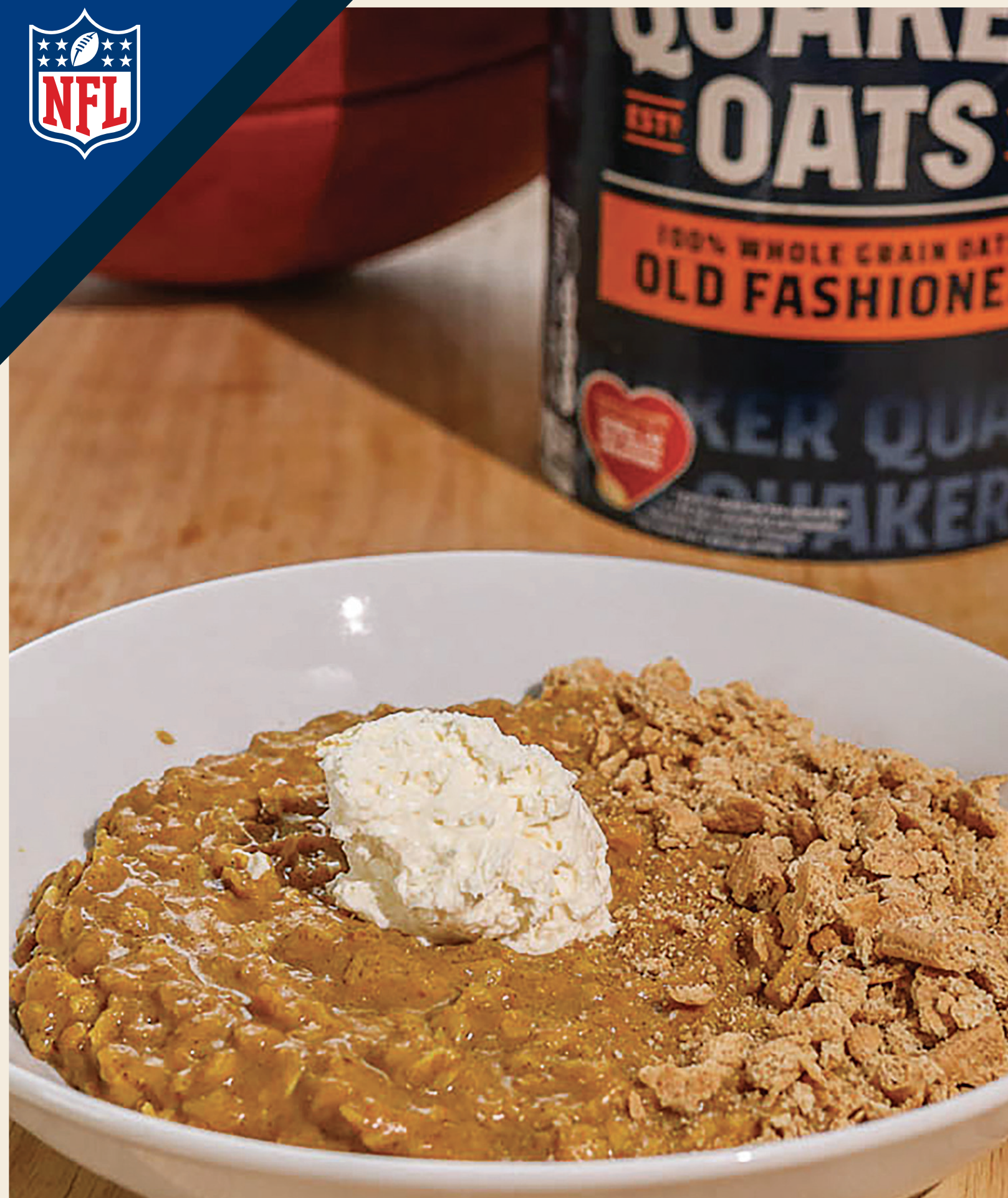


NEW YORK

# PUMPKIN CHEESECAKE OATMEAL

We put our Quaker® spin on a **classic New York Cheesecake** with our Pumpkin Cheesecake Oatmeal. **Great for gameday mornings** or any time during fall!





QUAKER.  
NEW YORK

# PUMPKIN CHEESECAKE OATMEAL

Makes 1 serving

## INGREDIENTS

- **½ cup** Quaker® Oats (Quick or Old Fashioned), or **¼ cup** Quaker® Steel Cut Oats
- **¼ cup** canned pumpkin puree
- **2 tsp** brown sugar
- **2 tsp** pumpkin spice
- **1 tsp** vanilla extract
- **2 Tbsp** graham crackers, crumbled
- **1 Tbsp** whipped cream cheese
- **1 Tbsp** chopped pecans (optional)

## DIRECTIONS

1. Prepare oatmeal as usual.
2. Stir in pumpkin puree, brown sugar, pumpkin spice, and vanilla.
3. Top with crumbled graham crackers, a dollop of whipped cream cheese, and sprinkle with chopped pecans.

\*Brought to you by Chef Samantha Stephens.





NEW YORK

# BIG APPLE BAKED CRISP

Wake up on football Sunday and smell the apples, New York. Make this **deliciously sweet, mouth-watering** recipe as a quick breakfast time option or serve it as a dessert. Either way, it'll **win over your tastebuds.**





QUAKER.  
NEW YORK

# BIG APPLE BAKED CRISP

Makes 9 servings

## INGREDIENTS

- **4 cups** thinly sliced peeled apples (about 4 medium)
- **¼ cup** firmly packed brown sugar
- **2 Tbsp** all-purpose flour
- **1 tsp** ground cinnamon
- **Squeeze** fresh orange juice

## TOPPINGS

- **½ cup** Quaker® Oats (Quick or Old Fashioned, uncooked)
- **¼ cup** firmly packed brown sugar
- **3 Tbsp** margarine or butter, melted
- **1 Tbsp** all-purpose flour

## DIRECTIONS

1. Preheat oven to 350°F.
2. Spray 8-inch square glass baking dish with non-stick cooking spray.
3. For filling, combine all ingredients in a large bowl; stir until fruit is evenly coated.
4. Spoon fruit into baking dish.
5. For topping, combine all ingredients in a medium bowl; mix until crumbly.
6. Sprinkle evenly over fruit.
7. Bake 30-35 minutes or until apples are tender.
8. Serve warm, with yogurt or vanilla ice cream if desired.





PHILADELPHIA

# PHILLY-STYLE ITALIAN ROAST PORK ARANCINI

**Score a touchdown for your tastebuds.** This recipe is a gameday twist on **Philly's all-time favorite**, combining savory rice balls that are packed with slow-cooked roast pork, sharp provolone, garlicky broccoli rabe, and delicious oats.





QUAKER.  
PHILADELPHIA

# PHILLY-STYLE ITALIAN ROAST PORK ARANCINI

Makes 4 servings

## ARANCINI INGREDIENTS

- ½ cup Quaker® Steel Cut Oats
  - ½ cup Arborio rice
  - 4 Tbsp extra virgin olive oil
  - ½ cup small diced yellow onion
  - ½ cup small diced leeks
  - 1 Tbsp chopped garlic
  - 8 cups low sodium chicken stock
  - ½ tsp salt
  - ½ tsp pepper
  - ¼ cup butter or margarine
  - ½ cup shredded or chopped aged provolone
- Breading**
- 1 cup flour
  - 2 eggs
  - ¼ cup milk
  - 2 cups bread crumbs

### Filling

- ¼ cup Philly-style roast pork; herbed, shaved or pulled and chopped
- ¼ cup broccoli rabe, sautéed and cooked with garlic, diced
- ¼ cup aged provolone, shredded, optional

### Sauce Continued

- ½ cup toasted almonds or walnuts (optional)
- ¼ cup toasted bread
- 2 Tbsp sherry vinegar
- ½ cup extra virgin olive oil
- 1 tsp salt
- ¼ tsp black pepper

### Philly Romesco Sauce

- 1 roasted green peppers
- 1 charred red bell peppers, peeled
- ½ cup roasted garlic

## DIRECTIONS

1. In two medium sauce pots, divide the olive oil, onions, leeks and garlic in half and sweat separately over medium heat until soft and tender, about 5 minutes or so.
2. Divide the salt and pepper and add to both.
3. In one pot add the oats and in the other the rice.
4. Stir both for about a minute, then in each pot add chicken stock, start with about 1/4 cup at a time, stirring very frequently.
5. As the liquid absorbs, add another 1/4 cup to each and continue until the oats and rice are tender to the tooth.
6. The oats will be done before the rice.
7. The rice should take about 25 minutes to become tender.
8. As they become nearly done, be careful how much stock you add as you want the finished product to be a little on the dryer side, not too wet. The total amount of stock required will vary. Adjust seasoning.
9. Once done, divide the butter and provolone and stir into both, then spread each out on a sheet pan and cool in the refrigerator.
10. Once cool, mix the two together thoroughly and scoop the mixture using a 1 1/2 oz. scoop.
11. Combine the filling in a bowl, place one tsp in the center of each ball, close the ball by shaping the rice and oats mixture over the filling, and roll the ball into a round shape.
12. Bread the balls by rolling lightly in flour, then in egg wash and then in bread crumbs.
13. Fry at 350°F until golden brown.
14. For Philly Romesco Sauce, place all ingredients together in a food processor and run until smooth.
15. Refrigerate until ready to use.





PITTSBURGH

# STEEL CITY OATMEAL & POLISH SAUSAGE

**This one is for you, Steel City.** This savory Steel Cut Oatmeal features flavorful Polish sausage, hearty steel-cut oats, and a blend of spices. It's **a great breakfast time play** to help start your day.







QUAKER  
PITTSBURGH

# STEEL CITY OATMEAL & POLISH SAUSAGE

Makes 4 servings

## INGREDIENTS

- 1 cup Quaker® Steel Cut Oats
- 4 cups low-sodium beef stock
- ½ lb Polish sausage, or sausage of choice, sliced
- 2 cups fresh corn (approximately 3 ears) or frozen, thawed
- 2 Tbsp tomato paste
- ½ small yellow onion, diced
- 2 cloves garlic, chopped
- 1 Tbsp olive oil
- 1 cup cherry tomatoes, halved
- 1 Tbsp grated pecorino or asiago cheese
- 1 Tbsp freshly ground black pepper to taste
- ¼ tsp salt

## DIRECTIONS

1. In a large sauté pan, heat olive oil on medium heat.
2. Add sausage, corn, and cherry tomatoes and cook for 5 minutes. Remove this mixture from the pan and place in a bowl off to the side.
3. Into the same pan, add the tomato paste, shallots, and garlic and cook for 3 minutes at medium heat.
4. Add Quaker® Steel Cut Oats and stir continuously for 2 to 3 minutes, until lightly toasted, golden, and fragrant.
5. Add the beef stock and stir to combine.
6. Cover pan and reduce heat to low. Simmer for 20–25 minutes, stirring occasionally, until oats are al dente.
7. Add the sausage, corn, and tomato mixture to the cooked oats and stir to combine. Season with black pepper and salt to taste and top with grated cheese.





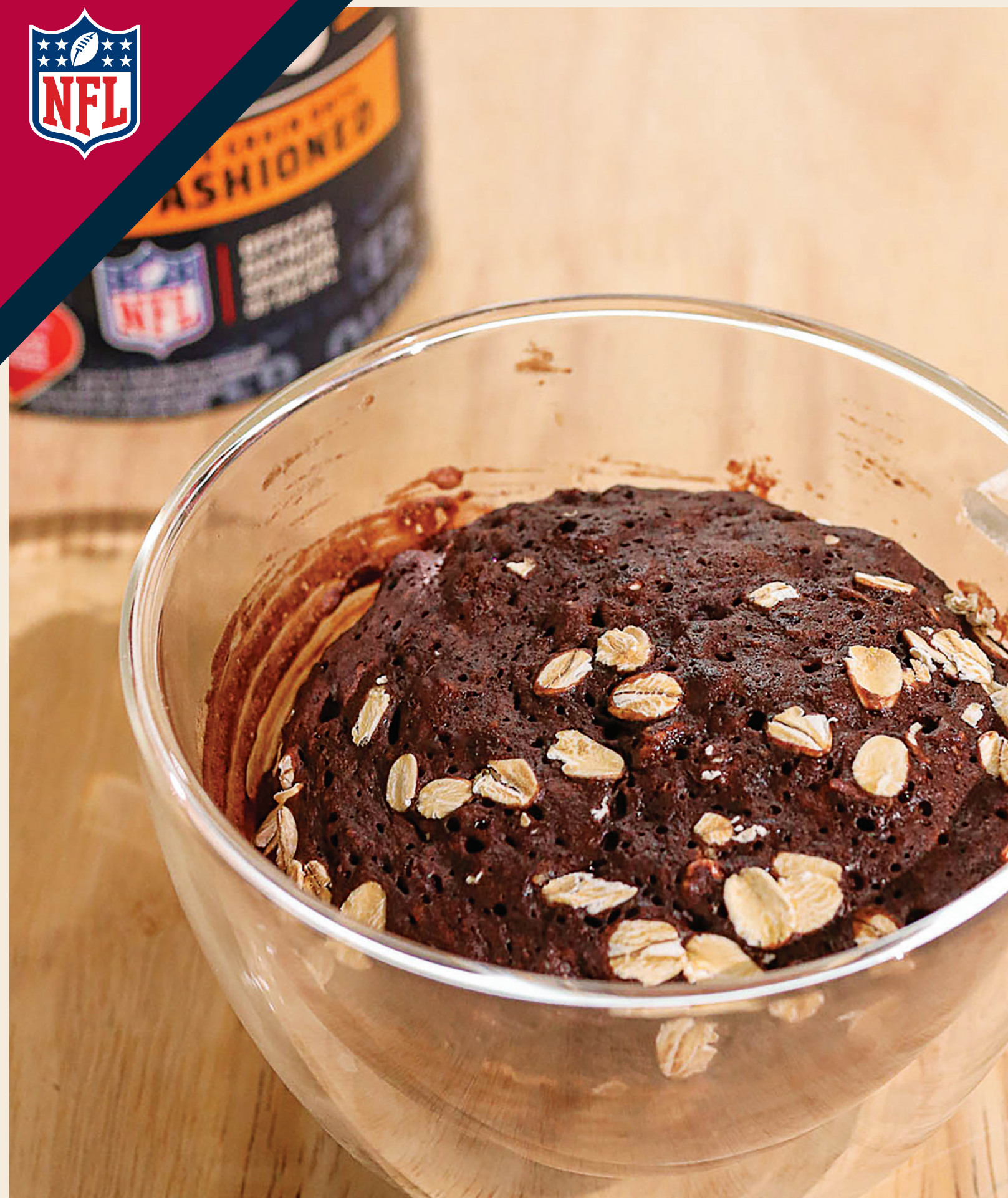
**SAN FRANCISCO**

# GOLDEN GATE CHOCOLATE MUG CAKE

This Double Chocolate Oatmeal Mug Cake is **inspired by the famous chocolate shops** down at the Wharf. One delicious serving of this ooey gooey chocolatey mug cake microwaves in 60-80 seconds. Now that's **great for crunch time.**



SAN FRANCISCO



QUAKER.  
SAN FRANCISCO

# GOLDEN GATE CHOCOLATE MUG CAKE

Makes 1 serving

## INGREDIENTS

- **4 Tbsp** Quaker® Oats (Quick or Old Fashioned, uncooked)
- **2 tsp** milk chocolate chips (SF famous chocolate)
- **1 tsp** canola oil
- **2 Tbsp** nonfat milk
- **1 egg white**, lightly beaten
- **¼ tsp** vanilla extract
- **2 Tbsp** self-rising flour
- **¼ tsp** baking powder
- **1 tsp** packed brown sugar
- **1 Tbsp** unsweetened cocoa powder

## DIRECTIONS

1. Place chocolate chips and oil in microwave-safe mug.
2. Microwave on high for 20 seconds to melt chips; stir.
3. Add milk, egg white and vanilla; whisk together with a fork until well blended.
4. Add 3-1/2 tablespoons of the oats, flour, sugar and cocoa powder.
5. Whisk with fork to blend well, scraping sides and bottom of mug with rubber spatula.
6. Sprinkle with remaining 1/2 tablespoon oats.
7. Microwave on high 60 to 80 seconds until risen and just firm to the touch.
8. Let stand 3 to 5 minutes before serving.

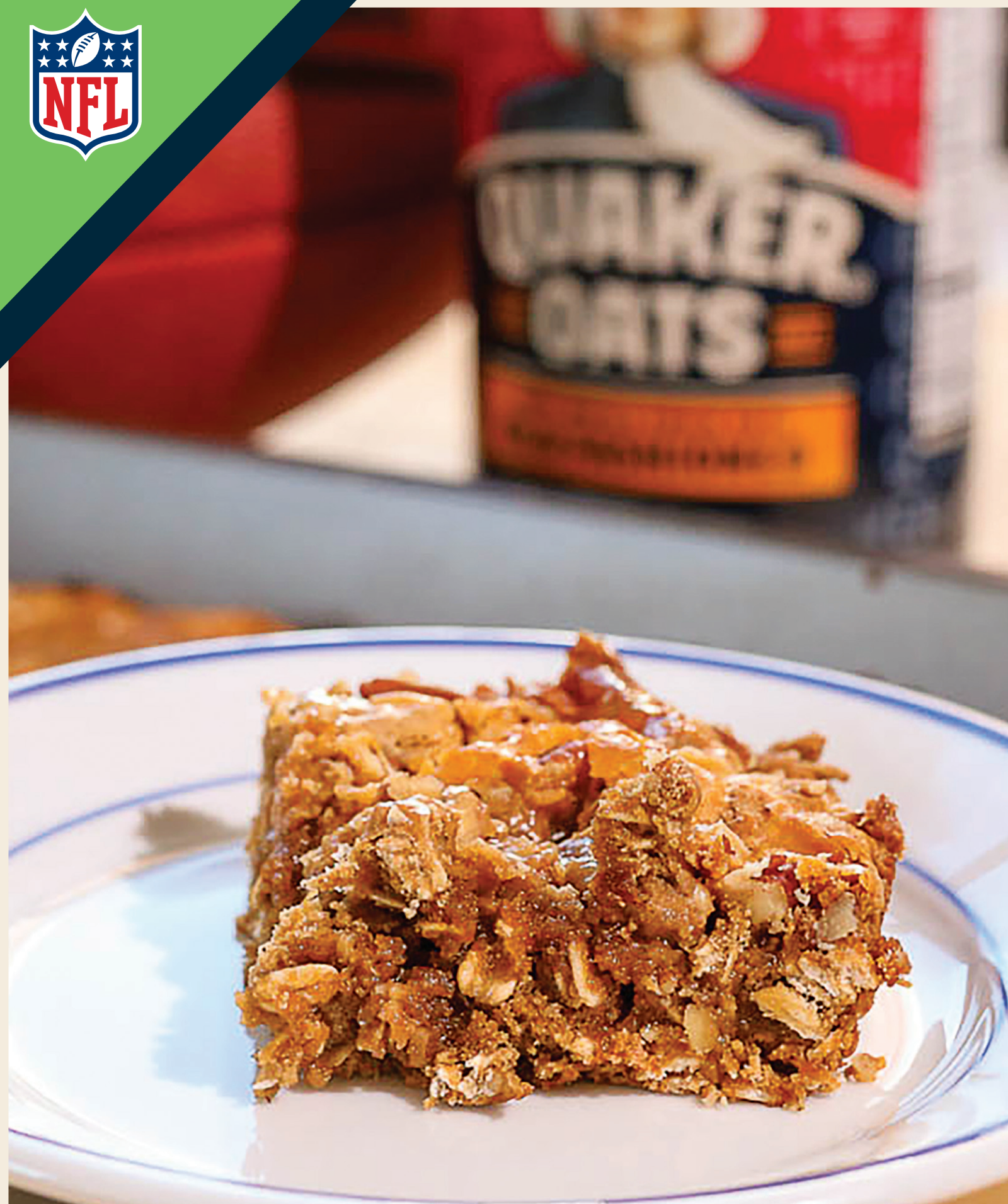




# SEATTLE CAPPUCCINO CARAMEL BARS

**Coffee lovers, wake up** with these delicious Cappuccino Caramel Bars inspired by the flavors of the Pacific Northwest. These are sure to be **a gameday hit!**





QUAKER.  
SEATTLE

# SEATTLE CAPPUCCINO CARAMEL BARS

Makes 48 bars

## INGREDIENTS

- **3 cups** Quaker® Oats (Quick or Old Fashioned, uncooked)
- **2 ½ cups** all-purpose flour
- **1 ½ cups** chopped pecans
- **1 tsp** baking soda
- **¼ tsp** salt
- **1 ½ cups** firmly packed brown sugar

- **½ lb** (1 stick) butter or margarine, softened
- **2** large eggs
- **1 Tbsp** instant coffee powder or instant espresso
- **2 tsp** vanilla extract
- **⅔ cup** spoonable caramel ice cream topping

## GLAZE

- **2 Tbsp** very hot milk
- **1 tsp** instant coffee powder or instant espresso
- **1 cup** powdered sugar

## DIRECTIONS

1. Heat oven to 350°F.
2. Lightly grease 15x10-inch pan.
3. In large bowl, combine oats, flour, 1 cup pecans, baking soda and salt; mix well. Set aside.
4. In large bowl, beat sugar and butter with electric mixer until creamy.
5. In small bowl, whisk eggs with coffee powder and vanilla until well blended.
6. Add to butter mixture; continue beating until light and fluffy. Stir in oat mixture; mix well. Dough will be very thick.
7. Reserve 2 cups for topping; set aside.
8. Using lightly floured hands, press remaining oat mixture evenly onto bottom of pan.
9. Spread caramel topping evenly over crust to within

¼ inch from edges.

10. Drop spoonfuls of reserved dough over caramel topping; sprinkle with remaining ½ cup pecans.
11. Bake 20 to 25 minutes or until center feels firm when lightly touched. Do not overbake.
12. Cool completely in pan on wire rack.
13. For glaze, combine milk and coffee powder in small bowl; stir until coffee powder dissolves.
14. Add powdered sugar; stir until smooth.
15. Drizzle over bars in pan. Let stand 15 minutes to set glaze.
16. Cut into bars and enjoy! Store tightly covered.

### Cook's Note:

Instant coffee granules or freeze-dried coffee are not recommended for this recipe.

Fat-free caramel ice cream topping is not recommended for this recipe. If ice cream topping is very thick, microwave on high 10 to 20 seconds or until spreadable.



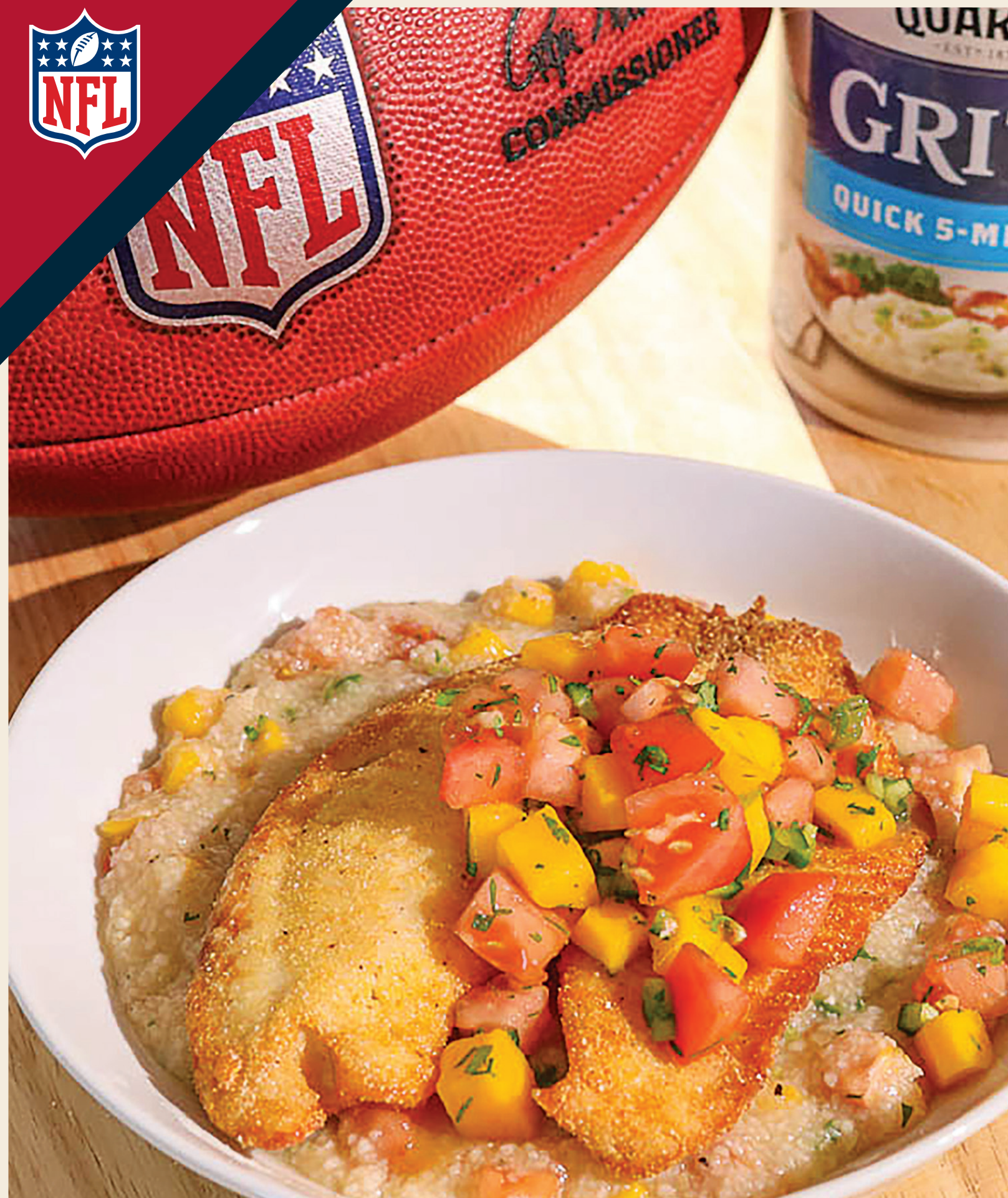


TAMPA BAY

# BY THE BAY PAN-FRIED FISH AND GRITS

No one knows fried fish better than Tampa, so we brought you our Quaker® twist with **By the Bay Pan-Fried Fish and Grits**. Great for gameday or weeknight dinners, this dish is **full of Florida flavors**.





QUAKER  
TAMPA BAY

# BY THE BAY PAN-FRIED FISH AND GRITS

Makes 2 servings

## INGREDIENTS

- ½ cup Quaker® Grits
- 1 cup water
- 1 cup low sodium chicken broth
- 1 Tbsp lime juice
- 1 Tbsp vegetable oil
- ¼ tsp black pepper
- Salt to taste

## MANGO PICO

- 1 cup ripe mango, diced (1 large mango)
- 6 Tbsp tomatoes, diced (1 large tomato)
- 3 Tbsp jalapeño, deseeded and diced
- 3 Tbsp red onion, diced
- 4 tsp green onion, thinly sliced
- 1 Tbsp cilantro, chopped
- 4 tsp lime juice (approx 1 lime)
- Pinch pepper

## FISH

- 2 6 oz filets of your favorite white fish
- ¾ cup Quaker® White or Yellow Corn Meal
- ¼ cup Quaker® Oat Flour
- 1 tsp black pepper
- Pinch of salt
- Vegetable oil for frying as needed

## DIRECTIONS

1. Begin by making Mango Pico—mix all ingredients together in a bowl and let rest for 30 minutes.
2. While the Mango Pico rests, begin cooking grits.
3. Cook grits according to the directions on the back of the package, but replace half of the water with chicken broth.
4. Add salt if needed. Once grits are cooked, stir in black pepper, lime juice, vegetable oil, one heaping cup of the Mango Pico, and salt to taste.
5. Hold on the stove top with lid to keep warm while the fish cooks.
6. To cook the fish, mix together corn meal, oat flour black pepper and salt into a bowl.
7. Lightly season fish on both sides with salt and thoroughly coat with cornmeal mixture.
8. In a wide pan with high walls, heat at least ½ inch of oil to 375°F. Once oil is at temperature, gently place the fish into the oil using a tongs, laying the fish away from you as to prevent splashing.
9. Cook fish for 3-5 minutes until golden and crisp, flipping 2-3 times as needed to create an even crust. Once cooked, place on a rack to cool.
10. Plate grits, and add fish on top.
11. Top with remaining Mango Pico and cilantro leaves if desired. Serve immediately, and enjoy!





TENNESSEE

# TENNESSEE HOT CHICKEN

**Bring the heat** on gameday — Tennessee-style! This easy-to-prepare Hot Chicken has a crispy, spicy coating with tender chicken on the inside. One bite and you'll be transported to the **taste of the tailgate** in Music City!







QUAKER.  
TENNESSEE

# TENNESSEE HOT CHICKEN

Makes 10-20 pieces, depending on size

## INGREDIENTS

- ½ cup Quaker® Oat Flour
- ½ cup Quaker® Yellow or White Corn Meal
- 2 lbs chicken tenders
- ¼ cup + 2 Tbsp Nashville Hot Seasoning
- ½ cup milk
- ½ cup vegetable oil
- 1 Tbsp corn starch
- ¾ tsp salt
- 2 tsp brown sugar
- Cooking oil spray

## DIRECTIONS

1. Heat air fryer to 400° F.
2. Combine all dry ingredients (except the brown sugar) and 2 tablespoons Nashville seasoning.
3. In a bowl, pour the milk over chicken.
4. Remove the chicken piece by piece from the milk, and coat thoroughly with corn meal/seasoning mixture and set aside.
5. Spray the air fryer basket with cooking oil.
6. Lay the chicken tenders in the basket in a single.
7. Layer and spray them with cooking oil spray.
8. Bake for 20-25 minutes or until golden brown and cooked through (165°F on the interior).
9. Heat 1/2 cup vegetable oil in a small pan over medium heat until shimmering.
10. Once shimmering, turn off the stove.
11. Add in 1/4 cup Nashville hot seasoning, brown sugar and cook for 30 seconds stirring gently.
12. Transfer the oil to a bowl and reserve.
13. Brush cooked chicken tenders with seasoned oil until coated to your preferred heat level. Serve and enjoy!





WASHINGTON

# THE DISTRICT MAMBO SAUCE STIR FRY

**Capital City**, we made a delicious Mambo Sauce Stir Fry just for you! With Quaker® Steel Cut Oats and stir fried veggies topped with Mambo Sauce, **this dish is sure to be a win.**





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WASHINGTON

# THE DISTRICT MAMBO SAUCE STIR FRY

Makes 3-4 servings

## INGREDIENTS

- **1 cup** Quaker® Steel Cut Oats
- **3 cups** Water
- **1 cup** red bell pepper, deseeded and sliced (about 1 large red pepper)
- **1 cup** yellow onion, sliced (about 1 large onion)
- **¾ cup** carrots, thinly sliced
- **½ cup** green onion, sliced
- **2 ½ cups** green cabbage, thinly sliced

- **¼ tsp** salt (optional season to your liking)
- **2 Tbsp** vegetable oil

### Stir Fry Protein

- **2 cups** pork tenderloin (or meat of your choice) cut into thin strips
- **¼ cup** Mambo sauce
- **½ tsp** black pepper

## STIR FRY SAUCE

- **½ cup** Mambo Sauce
- **2 Tbsp** soy sauce, reduced sodium
- **1 ½ tsp** grated ginger
- **1 tsp** grated garlic
- **½ tsp** black pepper

## DIRECTIONS

1. Mix together meat, Mambo sauce and black pepper and set aside.
2. Let rest for at least 30 minutes to marinate.
3. Next, cook the oatmeal. Start by bringing a medium pot of water to a boil. Stir in salt and oats and reduce to a low simmer, cover.
4. Simmer for 25-30 minutes until the oats are softened.
5. Remove from the heat and let the oats stand for 10 minutes. Transfer to a fine mesh strainer and run under cold water until the water runs clear. Set aside.
6. Then, prep the sauce by mixing all sauce ingredients together until well combined.
7. Heat 1 Tbsp of oil on high in a nonstick pan.
8. Once the oil begins to smoke, add in bell pepper and onion and stir while sauteing for 30 seconds to a minute, until the onions turn slightly tan/brown.
9. Then, add carrots and cabbage and sauté until cabbage starts to wilt.
10. Remove vegetables from the pan and set aside.
11. Add 1 Tbsp of oil to the pan while still on high heat, and once it begins to smoke, add your meat and spread out across the pan.
12. Once spread out, do not move the meat until it's almost completely cooked. Once nearly finished, stir a few times until fully cooked.
13. Add in vegetables and stir fry sauce and stir. Remove from the heat and add green onions.
14. Split into 3-4 portions and place over warm oats.
15. Drizzle additional Mambo sauce to your liking over top, and garnish with more fresh green onions and sesame seeds. Serve immediately and enjoy!



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