

National Oatmeal Month

From the desk of Lori Harvey RDN, LD

The sweet flavor of oats makes them a favorite choice for whole-grain breakfast cereals. There are many varieties of oats to choose from including instant, quick, regular, old-fashioned, and steel-cut. All forms are still whole grain!

Oats provide many health benefits:

- May help lower LDL “bad” cholesterol and may help reduce the risk of heart disease
- Help you feel fuller longer
- May help you lower blood pressure
- May reduce your risk of type 2 diabetes
- Higher in protein and healthy fats, and lower in carbohydrates than other whole grains

ABC Meatball Soup

Ingredients

For Meatballs

- 1 pound extra lean ground turkey breast or 90% lean ground beef
- 3/4 cup oats (quick or old fashioned, uncooked)
- 1/3 cup barbecue sauce or catsup

For Soup

- 1 carton (48 ounces) reduced-sodium, fat-free chicken broth (about 6 cups)
- 1/4 cup alphabet-shaped pasta
- 1 package (10 ounces) frozen mixed vegetables (do not thaw)

Instructions

1. Heat broiler. Lightly spray rack of broiler pan with cooking spray.
2. In a large bowl, combine meatball ingredients; mix lightly but thoroughly. Transfer to a sheet of foil. Pat mixture into 9 x 6-inch rectangle. Cut into 1-1/2-inch squares; roll each square into a ball to make 24 meatballs. Arrange meatballs on broiler pan.
3. Broil meatballs 6 to 8 inches from heat about 6 minutes or until cooked through, turning once.
4. While meatballs cook, bring chicken broth to a boil in a 4-quart saucepan or Dutch oven over medium-high heat. Add pasta and frozen vegetables; return to boil. Reduce heat; cover and simmer 8 minutes or until vegetables and pasta are tender. Add meatballs and cook 1 minute. Serve immediately. **Cook’s Notes:** Garlic powder, onion powder, or dried thyme leaves may be added to the meatball ingredients. Frozen corn, frozen green beans, frozen peas and carrots, or your favorite vegetable blend may be substituted for the mixed vegetables.

Nutrition facts per serving: Calories: 250, Fat: 8g, Saturated Fat: 3g, Sodium: 640mg, Carbohydrate: 23g, Fiber: 2g, Protein: 20g

Makes: 6 servings **serving size:** about 2 cups, including 4 meatballs. For more great oat recipes, visit Quaker Oats.

Reference: The Whole Grains Council - available at <http://wholegrainscouncil.org>

MANY VARIETIES OF GIFTS

The focus of this month’s newsletter is oats and the many varieties to choose from. The same is true of gifts. There are many varieties. Although financial gifts vary by their amount, every gift is both treasured and needed. A gift from your heart will help ease the financial burdens of some of the most fragile and vulnerable people in our communities and send the comforting message that people truly care. Your gift of \$21.00 pays for seven meals for someone who cannot pay. Whatever you can give will help. It’s simple. Just place your gift in the envelope you received.

Thank you!

Phil Marcin

Vice President of Development

Questions? If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email lharvey@mobilemealsinc.org.

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