



# Apple and Beet Baked Oatmeal

Warm apples and beets with a crispy oatmeal topping.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Pennsylvania Department of Education*

**Preparation Time:** 1 hour 30 minutes  
**Cook Time:** 45 minutes

**NSLP/SBP crediting information:**  
 $\frac{2}{3}$  cup provides  $\frac{1}{4}$  cup other vegetable,  $\frac{1}{4}$  cup fruit,  
 $\frac{1}{2}$  oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Beets, whole, topless	6 lb 10 oz	3 qt	13 lb 4 oz	1 gal 2 qt	<ol style="list-style-type: none"> <li>1. Preheat oven to 400 °F. Cover a sheet pan with parchment paper.</li> <li>2. Wash beets well, scrubbing gently with a produce brush. Pat dry well. Do not peel. Rub each beet with <math>\frac{1}{8}</math> teaspoon oil. Distribute oiled beets evenly on pan. Roast for 25-35 minutes or until al dente. The beets are done when they can be punctured with a paring knife and the skin is blistered. When cool enough to handle, use the back of a paring knife to scrape away the skin.</li> <li>3. Dice into medium (<math>\frac{3}{8}</math> inch) cubes.</li> </ol>

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Apple slices, canned, with liquid	6 lb 4 oz	3 qt	12 lb 8 oz	1 gal 2 qt	<p><b>4.</b> Drain apples and reserve the liquid. Chop apples into <math>\frac{3}{8}</math> inch chunks. Combine apples, liquid, and beets in a large bowl.</p> <p><b>5.</b> Add apple juice, corn starch, and half of brown sugar to apple/beet mixture. Mix well.</p> <p><b>6.</b> Preheat oven to 400 °F.</p> <p><b>7.</b> Split mixture between two 2 inch bun pans. Bake for 30 minutes. Beets and apples will be fork tender and mixture will be thick and bubbling.</p> <p><b>8.</b> Dice margarine into 1 inch cubes. Keep cold.</p> <p><b>9.</b> Combine cold margarine cubes, oats, and remaining brown sugar in a large mixing bowl. Use gloved hands to create thoroughly mixed “crumbly” topping. Spread topping evenly on a full sheet pan. Bake for 10-15 minutes at 400 °F or until topping is golden brown.</p> <p><b>10.</b> After toasting, spread topping evenly over filling. Bake an additional 10 minutes at 400 °F.</p> <p><b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.</p> <p><b>11.</b> Serve <math>\frac{2}{3}</math> cup (No. 6 scoop).</p>
Apple juice		1 qt		2 qt	
Corn starch	1 $\frac{1}{8}$ oz	$\frac{1}{4}$ cup	2 $\frac{1}{4}$ oz	$\frac{1}{2}$ cup	
Brown sugar	1 lb 15 oz	1 qt	3 lb 14 oz	2 qt	
Margarine, solid	10 oz	1 $\frac{1}{4}$ cup	1 lb 4 oz	2 $\frac{1}{2}$ cups	
Quick oats	1 lb 5 oz	1 qt 3 $\frac{1}{2}$ cups	2 lb 10 oz	3 qt 3 cups	



**APPLE AND BEET BAKED OATMEAL  
NUTRITION INFORMATION**

For ⅔ cup (No. 6 scoop)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>197</b>
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<b>Total Fat</b>	<b>5.4 g</b>
Saturated Fat	1.0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>73 mg</b>
<b>Total Carbohydrate</b>	<b>35 g</b>
Dietary	2.6 g
Total Sugars	25 g
Added Sugars included	N/A
<b>Protein</b>	<b>2.5 g</b>
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Vitamin A	N/A
Vitamin C	1.6 mg
Vitamin D	N/A
Calcium	12 mg
Iron	0.8 mg
Potassium	126 mg

N/A=data not available.

<b>*MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Beets	6 lb 10 oz	13 lb 4 oz

<b>NOTES</b>
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>A large beet measures approximately 3 ½” in diameter and weighs approximately 10.2 ounces. To yield 3 qt of beets, approximately 11 beets of this size will be needed.</p> <p>Cooking Process #3: Complex</p>

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
About two 2 inch bun pans (2 gal 1 qt 3 ½ cups)	About four 2 inch bun pans (4 gal 3 qt 3 ½ cups)

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

