

RECIPE OF THE MONTH — February 2007

Dried Cherry & Pecan Oatmeal

3 cups water
3 cups fat-free milk
2 cups whole oats (not instant)
½ cup dried cherries, coarsely
chopped
½ teaspoon salt

5 tablespoons brown sugar
1 tablespoon butter
¼ teaspoon ground cinnamon
¼ teaspoon vanilla extract
2 tablespoons chopped pecans,
toasted

Bring first five ingredients to a boil; reduce heat and simmer, stirring occasionally, 20 minutes or until thick. Remove from heat. Stir in four tablespoons brown sugar and next three ingredients. Spoon one cup oatmeal in each of six bowls. Sprinkle evenly with pecans and remaining one tablespoon brown sugar. YIELD: 6 (1-cup) servings

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