



Oatmeal Pear Breakfast Casserole

Ingredients:

- 1 1/4 cup quick-cooking oats
- 1/3 cup all purpose flour or oat flour
- 1/3 cup light brown sugar
- 1 teaspoon cinnamon
- 1/4 cup butter measured and placed in freezer for at least 15 minutes
- 6 fresh pears, peeled and cut into 1 inch pieces
- 1/4 cup raisins
- 1/4 cup light brown sugar
- 1/4 cup pecan halves
- Non-fat vanilla yogurt

Instructions:

1. Combine the oats, flour, 1/3 cup brown sugar, and cinnamon.
2. With a pastry blender or two forks, cut in the cold butter until the mixture is well blended and resembles soft crumbs.
3. Preheat the oven to 375 degrees.
4. Combine the fresh pear chunks, raisins, and the other 1/4 cup brown sugar in a 13 X 9 inch oiled or sprayed baking dish.
5. Top mixture with pecan halves. Evenly sprinkle the oat mixture over the top.
6. Bake for 30 minutes or until bubbly and pears are tender.
7. Spoon into small bowls and top with 3 or more tablespoons yogurt.

YIELD: 10 1/2-cup servings

For smaller families or groups, divide ingredients in half and use a smaller baking dish.

Ideas/Substitutions

- Make it hot and toasty for breakfast; then serve leftovers for dessert. Or make it for a yummy dessert and have the planned-overs for the next morning's breakfast.
- Use local products whenever possible, such as Montana-grown wheat flour, oats, and maybe even fruit (in season or dried).
- Substitute local apples, berries, cherries, or peaches for pears.
- Substitute other dried fruit for raisins. Tart dried cherries or dried cranberries (craisins) would be especially tasty.
- To reduce saturated fat, substitute margarine for butter.

Nutrition Analysis

Serving Size: 1/2 cup

Calories: 294

Total Fat: 10 g

Calories from Fat: 32%

Saturated Fat: 3.6 g

Trans Fat: 0.0 g

Total Carb: 49 g

Dietary Fiber: 6.2 g

Sodium: 47 mg

Protein: 4.9 g

Calcium: 53 mg

Iron: 1.5 mg

Recipe Source

Adapted and used with permission of

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