EASY OATS CUTLET RECIPE / OATS ALOO TIKKI



Easy Oats cutlet recipe / oats aloo tikki is a healthy fantastic diabetic snack made with oats, potato and spice mix. Oats tikki is a perfect snack for weight watchers. You can use this oats cutlet for sandwich filling or burgers or you can have it with green chutney or tomato ketchup. Add any grated vegetables of your choice to enhance the nutrition. For oats recipe ideas – oats dosa, oats pongal, oats aval dosa, oats paniyaram, oats upma, steel cuts oats with fruits and nuts.

How to make Easy Oats Cutlet Recipe

EASY OATS CUTLET RECIPE / OATS ALOO TIKKI



Save Print
Prep time
10 mins
Cook time
20 mins
Total time
30 mins

Easy Oats cutlet recipe / oats aloo tikki is a healthy fantastic diabetic snack made with oats, potato and spice mix. Oats tikki is a perfect snack for weight watchers
Author: Gayathri Ramanan
Recipe type: snacks
Cuisine: Indian
Serves: 5
Ingredients

- ½ Cup of Quick Cooking Oats
- 1 Big Potato, Boiled and mashed
- 1 Tsp of Ginger Garlic Paste
- 2 Tsp of Coriander Powder
- 1 Tsp of Red Chilly Powder

- ½ Tsp of Turmeric Powder
- ½ Tsp of Cumin Powder
- ½ Tsp of Garam Masala Powder
- Pinch of Chat Masala
- Pinch of Asafoetida
- 1 Tsp of Lemon Juice or to taste
- Salt as needed
- 2 Tbsp of Bread Crumbs
- 2 Tbsp of Milk
- 2 -3Tbsp of Oil to shallow fry

Instructions

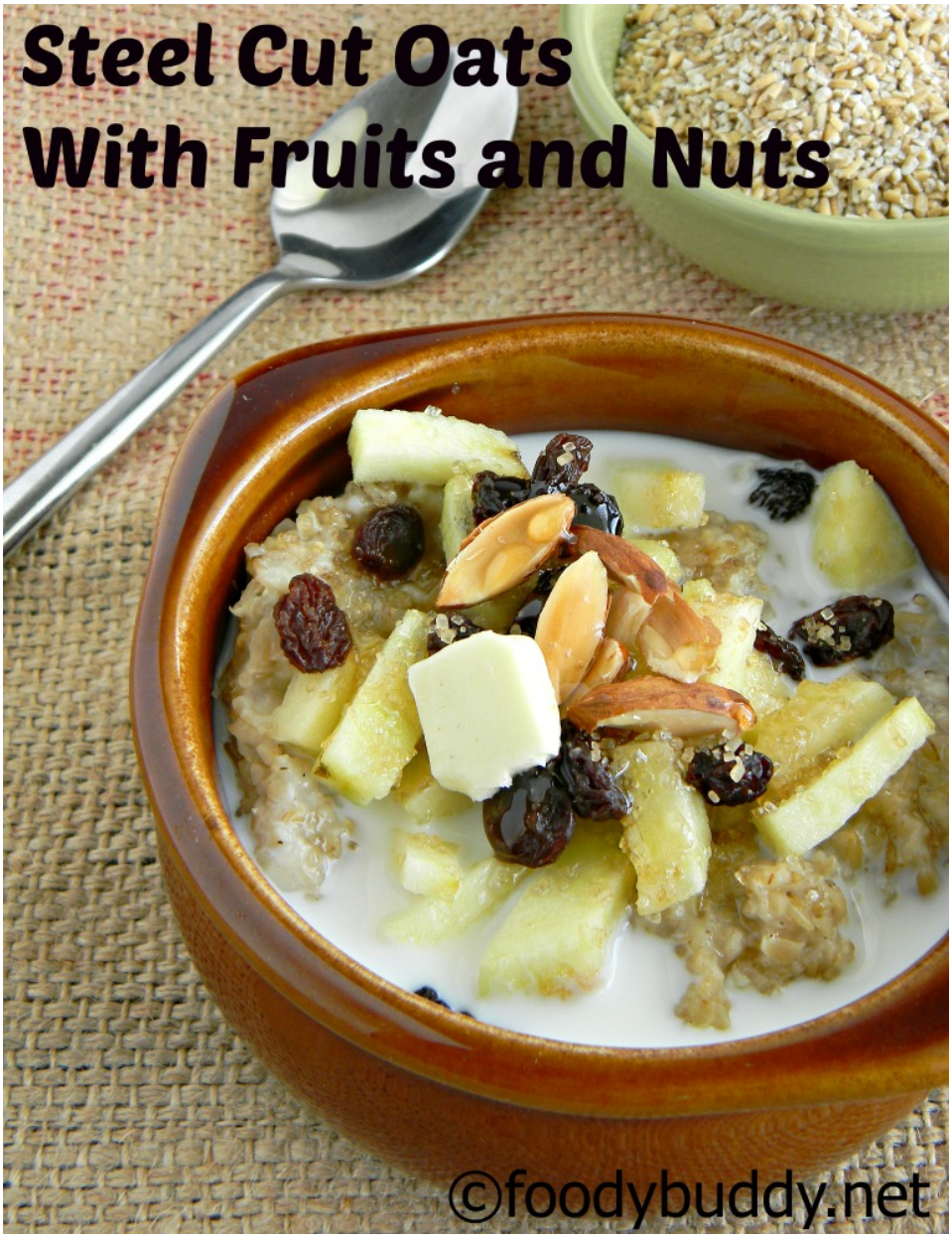
1. Dry roast the oats, cool it and grind it to a smooth powder.
2. Take a bowl, add mashed potato, oats powder, ginger garlic paste, coriander powder, red chilly powder, turmeric powder, garam masala powder, chat masala, asafoetida,salt and lemon juice. Combine well with hand. Divide into equally sized balls and shape them into desired shapes like round or square or heart shaped cutlet.
3. Dip this cutlet in milk, roll it in bread crumbs.
4. Heat tawa (pan) on medium heat.
5. Place the cutlet in the pan, drizzle some oil and cook the lower side until golden brown. Flip it to other side, add little more oil and cook till it turns golden brown.
6. You can also deep fry the cutlet.
7. Repeat the same procedure for the rest of the cutlet.
8. Serve hot with ketchup or use it as sandwich filling.

Notes
If you don’t like potato, you can add cooked moong dal.
You can also add vegetables like grated carrot, peas and mushroom or nuts like cashews to the cutlet.
You can make them in various shapes.
Adding bread crumbs makes the cutlet crisp.



Tags: easy oats cutlet recipe, oats cutlet, oats tikki recipe, oats recipes, how to make oats cutlet recipe, prepare oats tikki, healthy snack recipe, diabetic snack, Indian oats recipe.

Steel Cut Oats With Fruits And Nuts / Quick Breakfast Recipe



Steel cut oats with fruits and nuts have become one of our favorite quick breakfast during weekdays. They are inexpensive, easy and quick to make dish, delicious in taste. I love to eat a bowl of steel-cut oats flavored with apple, almonds, raisins, brown sugar and honey. If you are vegan, skip the milk and butter instead add almond milk.

What are steel-cut oats (Irish Oats) ? Steel cut oats are whole oat grouts which have been chopped into pieces (wiki). Packed with fiber, iron and thiamine.

Try this heart healthy fruits and nuts steel-cut oats dish for breakfast. It fuels the body with slow burning carbohydrates

(low glycemic foods) and helps them to maintain concentration and attention to kids and adults thoroughout the day

Ingredients for Steel Cut Oats With Fruits And Nuts

Preparation Time : 5 mins Cooking Time : 10 mins

Serves:1

• 1/4 Cup of Steel Cut Oats (Quick cook)

• 3/4 Cup of Water

• 3/4 Cup of Full Fat Milk

• 2 Tsp of Turbinado sugar or Brown Sugar

• 1 Tsp of Honey

• 1/2 Red Apple, Chopped

• Few Raisins

• 5 Almonds, Chopped

• Small piece of Butter

• 1/4 Tsp of Salt

Method for Steel Cut Oats With Fruits And Nuts

• Heat a pan, bring water to boil along with salt.

• Add oats, reduce the heat to medium, uncover and cook it for 10 mins, stirring regularly.

• Once it done, remove from heat. Transfer it to serving bowl.

• To the bowl, add milk, brown sugar, honey, apple, almonds, raisins and butter. Mix well.

• Healthy steel-cut oats with fruits and nuts are ready to serve.

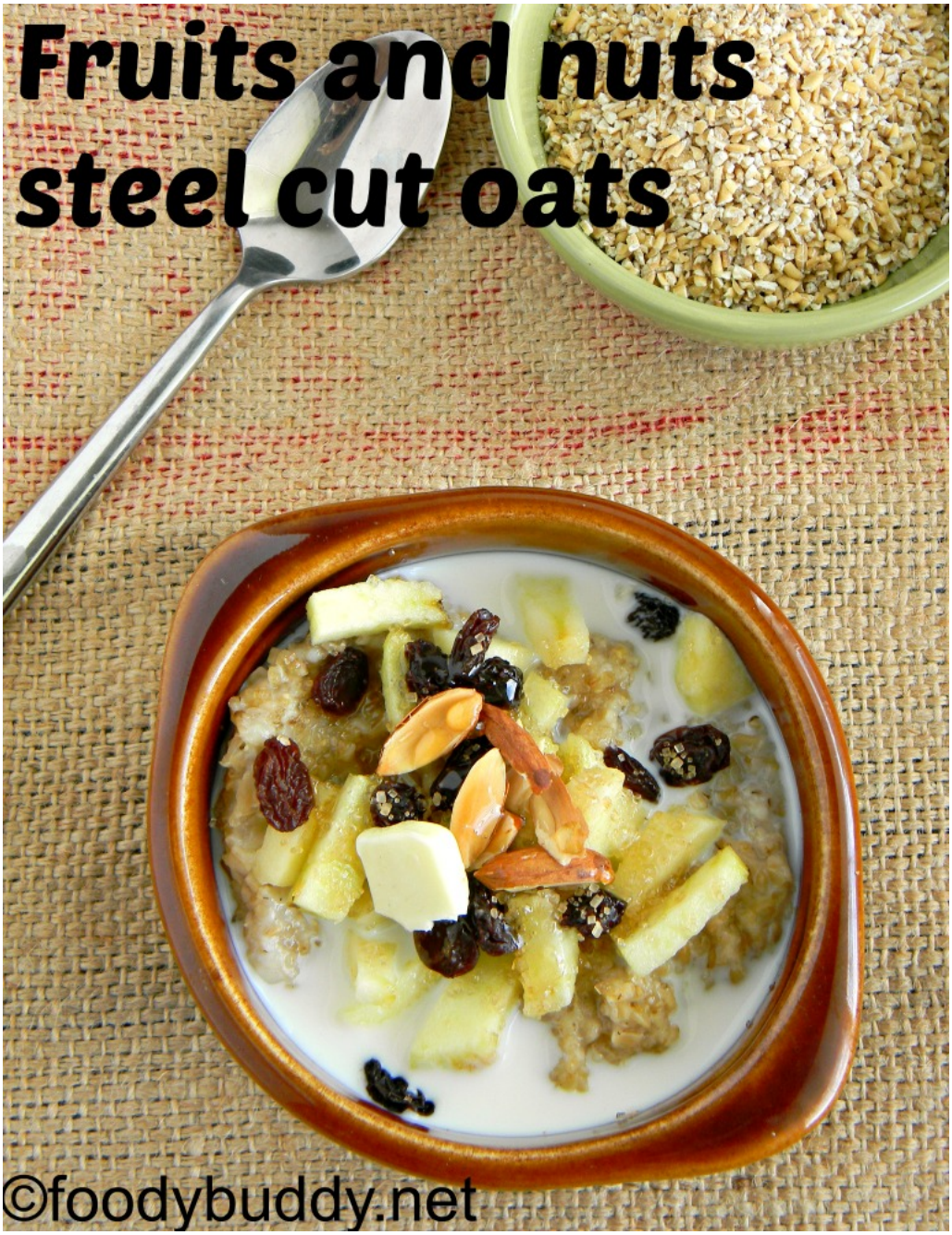
Tips

• For vegan version, avoid butter and milk instead add soy or almond milk.

• You can make this dish even more healthy by adding dates, chia seeds or flax seeds and banana.

• Add any nuts of your choice like sunflower seeds or pecans or walnuts

• If you have rolled oats, follow the same recipe.



Tags: steel cut oats with fruits and nuts, fruits and nuts steel cut oats recipe, easy steel cut oats recipe , steel cut oats for breakfast, quick breakfast recipe, oats recipe, healthy breakfast recipe, heart healthy oats recipe.