

# EASY SAVORY OATS

MAKES 2-3 SERVINGS

## INGREDIENTS

- ¾ cup gluten-free steel-cut oats
- 1 tablespoons olive oil
- 1 grated garlic clove
- ¼ cup finely chopped shallot
- 2 ¼ cups water
- pinch of salt

## TOPPINGS

- Sautéed spinach and/or mushrooms
- Soft boiled egg
- Avocado slices
- Fresh herbs, like parsley or cilantro
- Hot sauce

## DIRECTIONS

1. Heat the olive oil in a small saucepan over medium heat. Add the shallot and cook until softened (about 2 minutes). Add the oats and garlic and stir to coat in the oil, then add the water and salt and bring to a boil.
2. Reduce the heat and simmer, stirring occasionally, for 15 to 20 minutes, or until the oats are thick and creamy but still have a slight bite. Season to taste with salt and pepper.
3. Remove from the heat and portion into bowls. Top with sautéed vegetables, eggs, avocado, and herbs. Serve with drizzles of hot sauce and a squeeze of lemon juice.

## HEALTH BENEFITS

*Oats are high in the soluble fiber beta-glucan, which helps reduce cholesterol and blood sugar levels, promotes healthy gut bacteria and increases satiety.*

*Eggs provide essential nutrients such as protein, choline, vitamin B12, vitamin D, folate, and vitamin A. Like oats, eggs can also promote feelings of fullness and satiety, which may help with weight management.*

*Spinach is an excellent source of vitamins A, C, K, and folate, as well as minerals like iron, magnesium, and potassium.*

*Antioxidant-rich Mushrooms are a good source of potassium, selenium, and vitamins B and D, along with polysaccharides and beta-glucans which can boost the immune system and protect against infections.*

