



# WELLCOUG RECIPES

**Savory Oatmeal:** A twist on a quick breakfast with a variety of ways to change it up! Easily made gluten-free, vegan, and/or allergen-friendly.

## Ingredients

### *Pantry ingredients:*

- 1 cup oats of choice
- 2 cups liquid of choice (water, broth, coconut milk)
- Spices of choice

### *Fresh ingredients (optional):*

- 1/4 large onion, sliced
- Handful of mushrooms, sliced
- 1-2 cloves garlic, minced
- ginger, finely chopped
- Handful leafy greens (kale, spinach), chopped

### *Toppings (optional):*

- Soy sauce or tamari
- Scallions
- Sriracha
- Fried egg
- Nutritional yeast
- Sesame seeds
- Nuts

## Process

1. Place a saucepan over medium heat. If using onions, mushrooms, garlic, or ginger, coat bottom of pan with a thin layer of oil and saute onions and mushrooms until soft.
2. Add garlic and/or ginger and saute for an additional 30 seconds, stirring frequently to prevent burning. Add any spices you'd like.
3. Add liquid of choice to pan, making sure to scrape up any bits of vegetable and spices from the bottom to prevent burning.
4. Add in oats. Turn heat up slightly to bring oats and water to a boil. Turn heat back down to a simmer. Allow oats to cook until soft, adding liquid as needed and stirring occasionally to prevent sticking. Quick oats take about a minute, old fashioned oats take about 5 minutes, and steel cut oats can take up to 20 minutes.
5. Remove pot from heat. Stir in chopped leafy greens if desired to allow them to soften in the residual heat. Portion into bowls and garnish with toppings of choice.

## Delicious combination suggestions

- Coconut milk and turmeric oatmeal, topped with soy sauce, scallions, sriracha, and sesame seeds
- Coconut milk and curry powder oatmeal, topped with mango and toasted cashews
- Soothing miso broth and ginger oatmeal
- Cumin and paprika spiced oatmeal topped with nutritional yeast
- Canned peas and black pepper oatmeal



**Credit:** Alice Ma MS, RD | Registered Dietitian, WSU Dining Services