



Cheesy Oats



1/4th of recipe (about 1/2 cup): 110 calories, 3.5g total fat (1.5g sat fat), 251mg sodium, 14g carbs, 2.5g fiber, 0.5g sugars, 4.5g protein

SmartPoints® value 3*

Prep: 5 minutes **Cook:** 45 minutes



Ingredients

1/2 cup steel-cut oats
1/4 tsp. plus 1 dash salt
1/4 cup shredded reduced-fat cheddar cheese
2 tsp. light whipped butter or light buttery spread
2 tbsp. chopped scallions
1/8 tsp. garlic powder
1/8 tsp. onion powder
Dash black pepper

Directions

In a medium pot, bring 2 1/2 cups of water to a boil.

Add oats and a dash of salt, and return to boil.

Reduce to a low simmer. Cover and cook for 40 minutes, or until thickened.

Add remaining ingredients, including remaining 1/4 tsp. salt.

Cook and stir until cheese and butter have melted and entire dish is uniform, about 1 minute.

MAKES 4 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.