



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

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



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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

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