



Sausage & Sun-Dried Tomato Oat-sotto



Entire recipe: 343 calories, 7g total fat (2g sat fat), 529mg sodium, 48g carbs, 10g fiber, 9g sugars, 19g protein

Freestyle™ [SmartPoints®](#) value 6*

[SmartPoints®](#) value 8*

Prep: 5 minutes **Cook:** 40 minutes

Tagged: [Breakfast Recipes](#), [Single Serving](#)



Ingredients

1/4 cup steel-cut oats
Dash salt
1 frozen meatless or turkey sausage patty with 80 calories or less (like the kind by [MorningStar Farms](#) or [Jimmy Dean](#))
1/2 cup frozen peas
2 tbsp. bagged sun-dried tomatoes (not packed in oil), chopped
1 tsp. grated Parmesan cheese
Optional seasonings: salt, fresh chopped basil

Directions

In a medium-small pot, bring 1 1/4 cups of water to a boil.

Add oats and salt, and return to boil.

Reduce to a low simmer. Cover and cook for 30 minutes, or until thickened.

Meanwhile, prepare sausage in a skillet sprayed with nonstick spray or on a microwave-safe plate in the microwave. (Refer to package for temp and cook time.)

Add peas and chopped sun-dried tomatoes to the pot. Cook and stir until hot, about 2 minutes.

Transfer oatmeal to a medium bowl.

Chop or crumble sausage, and stir into oatmeal. Sprinkle with Parm.

MAKES 1 SERVING

[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.