



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

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

More: [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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.