



## Sunny Morning Savory Oats



Entire recipe: 251 calories, 7.5g total fat (2g sat. fat), 730mg sodium, 31g carbs, 5g fiber, 2g sugars, 13g protein

[Click for WW Points® value\\*](#)

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



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#)

### Ingredients

1/4 cup steel-cut oats  
Dash salt  
1 cup chopped spinach leaves  
2 tsp. sriracha hot chili sauce  
1 large egg  
1 tsp. lite/reduced-sodium soy sauce

### 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.

Add chopped spinach and stir until wilted, about 1 minute.

Transfer to a medium bowl. Drizzle with sriracha sauce, and cover to keep warm.

Bring a skillet sprayed with nonstick spray to medium heat. Cook egg sunny-side up, 1 - 2 minutes. (Or cook to your preference.)

Top oatmeal with egg.

Gently break the yolk, and immediately add the soy sauce to let it mix with the yolk.

**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 product samples, 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. For those on the Diabetic Plan, values may vary.

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.