



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

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

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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

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