



## 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

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### 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

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