



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

Green Plan [SmartPoints](#)® value 8*

Blue Plan ([Freestyle](#)™) [SmartPoints](#)® value 6*

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.)

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