



## Shrimp & Cheesy Oats Bowl



Entire recipe: 334 calories, 10.5g total fat (4g sat fat), 687mg sodium, 30.5g carbs, 5g fiber, 1g sugars, 28g protein

**SmartPoints®** value 8\*

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

Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#)



### Ingredients

1/4 cup steel-cut oats  
Dash salt  
1 slice center-cut bacon or turkey bacon  
2 tbsp. shredded reduced-fat cheddar cheese  
1 tsp. light whipped butter or light buttery spread  
2 tbsp. chopped scallions  
3 oz. (about 6) raw large shrimp, peeled, tails removed, deveined  
1 tsp. lemon juice  
1/8 tsp. garlic powder  
1/8 tsp. onion powder  
Dash black pepper  
Optional seasoning: additional salt

### 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, cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Add cheese, butter, and 1 tbsp. scallions to the pot. Cook and stir until hot and melted, about 1 minute.

Transfer oatmeal to a medium bowl.

Bring a skillet sprayed with nonstick spray to medium heat. Add shrimp, lemon juice, and seasonings. Cook and stir for about 4 minutes, until cooked through.

Add shrimp to the medium bowl. Chop or crumble bacon, and sprinkle over shrimp. Top with remaining 1 tbsp. scallions.

**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.)

\*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.