



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

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

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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

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