



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

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

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

Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#)



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

[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.