

Savory Garlic Oats

Ingredients

- 1 teaspoon oil
- 3 cloves of garlic, minced
- (or 3-4 teaspoons of garlic powder)
- 1 cup quick cooking oats
- 2 cups of water
- Salt and pepper
- ½ cup cheddar cheese, grated

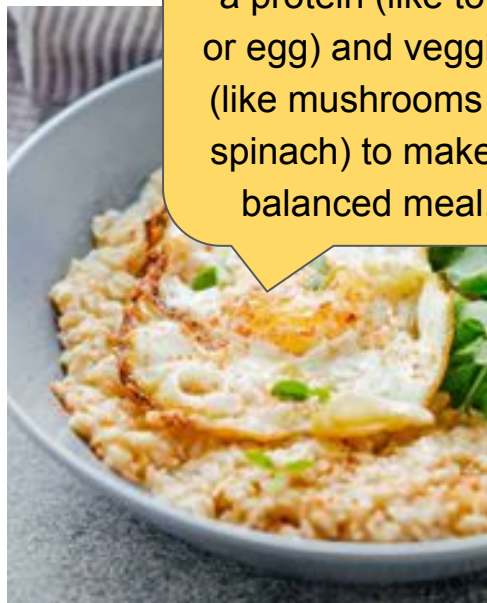
Optional: chopped basil, soy sauce, or hot sauce/tabasco. Top with egg or other protein

Directions

Heat oil in a pan and add garlic. Sautee for 10-15 seconds until aromatic. Stir in the oats for a few seconds and then add water, salt and pepper.

Bring this to a quick boil and simmer for 3-4 minutes. Mixture should thicken up to porridge consistency. Add more water if desired. When at desired consistency, add cheese and take off of stove top. Add any additional toppings as desired and serve warm.

Nutrition Tip: Add a protein (like tofu or egg) and veggies (like mushrooms or spinach) to make a balanced meal.



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