

Risoatmeal with Parmesan, Peas & Toasted Walnuts

Beyond Breakfast (non-traditional use of oatmeal)

This simple and delicious spin on risotto uses parmesan cheese, peas, herbs and toasted walnuts and comes together in a fraction of the time! Enjoy as a side dish or main.

Prep time: 15 minutes

Cooking time: 10 minutes

Serves approx 6

Ingredients:

2 teaspoons extra virgin olive oil
½ cup (or ½ medium) onion, finely chopped
1 medium garlic clove (or 2 small), crushed/minced
1 teaspoon dried thyme
3 tablespoons dry white wine
¼ tsp ground black pepper
2 cups reduced sodium chicken broth
1 cup Old-Fashioned Quaker® Oats
1/3 cup freshly grated parmesan cheese
½ cup fresh frozen peas, thawed
1/3 cup toasted walnuts, chopped



Preparation:

In a medium to large pot, sauté onion over medium heat for 1-2 minutes in olive oil. Add minced garlic and dried thyme and sauté another 1-2 minutes. Add white wine and stir, let cook together an additional 2-3 minutes. Add black pepper & chicken broth to wine onions and garlic and let come to a boil. Stir in oats and let boil over medium heat for about 5 minutes, stirring occasionally.

Remove immediately from heat and stir in cheese, peas and toasted walnuts. Serve immediately and enjoy!

Nutrition Facts: (per serving)

Calories: 160
Total fat: 8.75 g
Saturated Fat: 1 g
Carbohydrate: 13 g
Dietary fiber: 2.5 g
Protein: 6.6 g
Sodium: 275 mg

Utensils required:

Medium-large pot
Spoon for stirring

Knife to chop onions and garlic (or garlic press-optional)
Cutting board
Liquid measuring cup
Dry measuring cups
Measuring spoons