



## SAVORY OATMEAL AND SOFT-COOKED EGG

Basic Lifestyle

### Ingredients

1/2 cup old fashioned oatmeal  
Coarse salt and ground pepper  
Nonstick cooking spray  
1 large egg  
2 TBS shredded sharp cheddar  
1 TBS thinly sliced scallion greens

### Instructions

1. In a small saucepan, bring 1 cup water to a boil. Add oats and pinch of salt; stir, reduce heat, and simmer until tender.
2. Meanwhile, heat a small nonstick pan over medium heat. Coat lightly with cooking spray. Add egg and cook until white is set and yolk is still runny, about 3 minutes. Season egg to taste with pinch salt and pepper.
3. Serve oatmeal in a bowl topped with cheese, egg, and scallion greens.

Portion-Per-Serving Information (Yields 1 servings)

Serving = 1/2 P, 1 M, 1 G