



Savory Oatmeal & Soft-Cooked Egg

Basic Lifestyle

INGREDIENTS

1/2 cup old fashioned oatmeal (don't use "instant")

Coarse salt and ground pepper

Nonstick cooking spray

1 large egg

2 TBS low-fat shredded sharp cheddar

1 TBS thinly sliced scallion greens

INSTRUCTIONS

—In a small saucepan, bring 1 cup water to a boil. Add oats and pinch of salt; stir, reduce heat, and simmer until tender.

—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.

—Serve oatmeal in a bowl topped with cheese, egg, and scallion greens.

SERVING INFO: (Serves 1) = 1/2 P, 1/2 M, 1 G

See photo of recipe at [Instagram](#) and [Facebook](#).