

Savory Oatmeal

Serves 4

From: eatingwell.com

Ingredients:

- 2 tablespoons diced shallot
- 2 cups rolled oats
- 4 cups water plus 1/2 cup, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 10 cups chopped collard greens (from 1-2 bunches)
- 2 teaspoons red-wine vinegar
- 1 cup shredded Cheddar cheese
- ¼ cup chipotle salsa, plus more for serving
- 4 large eggs, cooked as desired

Directions:

Heat 1 tablespoon oil in a large saucepan over medium heat. Add shallot and cook, stirring occasionally, until softened, 1 to 2 minutes. Add oats and stir for 1 minute. Add 4 cups water and 1/4 teaspoon each salt and pepper. Bring to a boil, then reduce heat to a simmer. Cook, stirring often, until creamy, 10 to 12 minutes. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add collards along with the remaining 1/2 cup water and 1/4 teaspoon each salt and pepper. Cook, stirring occasionally, until tender, 5 to 7 minutes. Remove from heat and stir in vinegar. Stir cheese and salsa into the oatmeal. Serve with the collards, eggs and more salsa, if desired.

Nutrition Facts: 436 calories, Fat 25g, Sodium 763**mg, Carbs 35g, Fiber 8g, Sugar 3g, Protein 21g