

Savory Oats

Serves: 3

Prep time: 5 minutes

Cook time: 15 minutes

INGREDIENTS:

1 1/2 cup oats or jasmine rice

2 (+) cups water

1 tsp garlic powder

Salt

Pepper

Kale/swiss chard or spinach, chopped

1 Avocado, ripe

1 small box mushrooms, sliced

1 red bell pepper, chopped

1 yellow onion, chopped

6-8 eggs

Optional for flavor: 1 tbsp tahini mixed with 2 tbsp coconut aminos



INSTRUCTIONS:

1. Add the oats and water to a pot on the stove. Bring to a boil and cook according to package directions.
2. While the oats cook, season them with salt, pepper and garlic powder and stir.
3. Meanwhile, saute the bell pepper, mushrooms and onion in a small skillet on the stove top over medium heat. Spray with non-stick spray and season with salt. Cook until soft. Lastly, add in the greens, toss all together and cook until wilted. Set the cooked veggies aside into a container to save in the fridge.
4. Whip out the veggie skillet with a paper towel and place back on the stove top. Cook off your eggs to your preference! I love a jammy-style egg in this dish.
5. When oats are done, divide into 3 portions. Add sautéed veggies on top, followed by the eggs, avocado and optional tahini sauce drizzled over top.

Note: I suggest to save all ingredients in separate containers and reconstruct your bowl prior to serving. Also save the eggs to cook off right before eating to keep them fresh!

Serving size: 1/2 cup grain of choice + 1 cup veggies + 1/4 avocado sliced + eggs