Three Pepper Oat Pilaf

Prep time: 10 minutes | Cooking time: 20 minutes | Number of servings: 6

1¾ cups old fashioned oats, uncooked
1 egg, lightly beaten
1 tablespoon olive oil
2 large garlic cloves, minced
½ cup each of red, yellow, and green bell pepper, chopped
2 to 3 mushrooms, chopped
4 green onions, sliced
¾ cup chicken broth
¼ teaspoon each of salt and black pepper

Optional  2 tablespoons fresh basil leaves, minced, or 2 teaspoons dried basil

Directions

1. In a large bowl, mix oats and egg together until oats are evenly coated. Put aside.

2. Heat a large, nonstick skillet over medium heat. Add oil and garlic and cook for 1 to 2 minutes, stirring constantly. Add bell peppers, mushrooms, and green onions. Stir occasionally until vegetables are tender (about 2 minutes).

3. Add the oat and egg mixture to the skillet.

4. Cook over medium heat, stirring occasionally, until oats are dry and separated (about 5 to 6 minutes). Add broth, basil, salt, and pepper. Continue cooking, stirring occasionally, for 2 to 3 minutes or until liquid is absorbed. Serve immediately.

Food Sense Tip

• This recipe is a great vegetarian main dish. Serves four as a main dish or six as a side dish.
Nutrition Facts
(Serving size: 1 recipe): Calories–180; Protein–7g; Carbohydrate–27g; Total Fat–5g; Saturated Fat–1g; Cholesterol–30mg; Fiber–5g; Sodium–230mg; Vitamin C–100%; Vitamin A–15%; Iron–10%; Calcium–4%

Adapted from www.quakeroats.com/cooking-and-recipes/content/recipes/recipe-detail.aspx?recipeId=559

Food Sense Tips

- Missing an ingredient? Try these substitutions to vary your meal and use foods you already have.
- To save money and simplify shopping: Use only one color bell pepper instead of three.
- To reduce sodium: Use reduced sodium (some may say low sodium) chicken or vegetable broth.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

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