



Savory Oatmeal with Cheddar and Fried Egg

Ready in under 10 minutes, this savory oatmeal is perfect for when you're craving something warm and satisfying without the sweetness. Great for your heart health, oatmeal has soluble fiber, which helps lower cholesterol by removing it from the body. Comforting and packed with flavor, it's a delicious way to shake up your breakfast routine.

Serves: 1

Serving Size: 1 Bowl

Ingredients

- ¾ cup water
- ¼ cup rolled oats
- 1 tsp olive oil, divided
- ¼ cup diced bell pepper
- 2 T finely chopped onions
- 2 tbsps cheddar cheese
- ⅛ tsp salt
- ⅛ tsp black pepper
- 1 egg

Directions

1. Add water to a small saucepan and bring to a boil.
2. Add oatmeal and stir. Reduce heat and let it cook for 3 minutes until all liquid is absorbed.
3. While oatmeal is cooking, heat a small nonstick pan with ½ tsp olive oil over medium to high heat. Add bell pepper and onions, cooking for 5 to 10 minutes until soft.
4. When oatmeal is ready, stir in cheese, salt and pepper. Top with veggies.
5. Add the remaining ½ teaspoon of oil and fry the egg. Cook until desired doneness and place over oatmeal.
6. Serve with any additional toppings of your choosing and enjoy!

Chef's Note: Try adding some tasty toppings like avocados, oregano, or sliced green onions! You could also try different veggies like mushrooms, spinach or tomatoes.

Nutrition Info per serving:

Calories: 289, Saturated Fat: 5.9g, Sodium: 375mg, Added Sugars: 0g, Fiber: 3.6g

Recipe adapted from:

<https://healthynibblesandbits.com/savory-oatmeal-cheddar-and-fried-egg/#recipe>