



## 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 \$ense Tip

- This recipe is a great vegetarian main dish. Serves four as a main dish or six as a side dish.

absorbed. Serve immediately. stirring occasionally, for 2 to 3 minutes or until liquid is Add broth, basil, salt, and pepper. Continue cooking, oats are dry and separated (about 5 to 6 minutes).  
 4. Cook over medium heat, stirring occasionally, until  
 3. Add the oat and egg mixture to the skillet.  
 Stir occasionally until vegetables are tender (about 2 minutes). Add oil and garlic and cook for 1 to 2 minutes, stirring constantly. Add bell peppers, mushrooms, and green onions.

**Food \$ense Tip**

- This recipe is a great vegetarian main dish. Serves four as a main dish or six as a side dish.



### 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.

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

## Three Pepper Oat Pilaf





**Food \$ense 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.

**Nutrition Facts** (Serving size 1/2 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](http://www.quakeroats.com/cooking-and-recipes/content/recipes/recipe-detail.aspx?recipeId=559)*

**Nutrition Facts** (Serving size 1/2 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](http://www.quakeroats.com/cooking-and-recipes/content/recipes/recipe-detail.aspx?recipeId=559)*

**Food \$ense 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.

