



Microwave Zucchini Oatmeal



SERVINGS

1



COOKING TIME

5 min

Looking for a new way to enjoy oats? Try this recipe for Microwave Zucchini Oatmeal. This savory recipe pairs well with breakfast and brunch and only takes 3 minutes to make in the microwave. This veggie-filled bowl of oatmeal is a unique option you can enjoy year-round.

Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 egg white, lightly beaten, or 1 large whole egg, lightly beaten
- 1/2 cup shredded zucchini, peeled if desired
- 1 cup nonfat milk or water
- 1/8 tsp salt (optional)

Cooking Instructions

1. Place oats and salt, if desired, in microwave-safe bowl (at least 4-cup capacity).
2. Add egg white or whole egg to oats. Stir to combine (no specks of yolk should show if using whole egg). Stir in zucchini. Add milk; stir until all ingredients are well combined.
3. For quick oats, microwave on **HIGH**, uncovered, 2 to 2-1/2 minutes or until egg is fully cooked and oats are desired consistency.
4. For old fashioned oats, microwave on **HIGH**, uncovered, 2 minutes. Stir oats, microwave about 1 minute longer in 30 second intervals, stirring after each interval until egg and oats are cooked.
5. Let stand 1 to 2 minutes before stirring in other ingredients if thicker consistency is desired.