



Savory Oatmeal Bowl with Zucchini



SERVINGS

1



COOKING TIME

5 min

Savory Oatmeal Bowl with Zucchini, makes for a bright and colorful breakfast option full of fresh flavors. With ingredients like spinach, edamame, alfalfa sprouts, and avocado, this recipe is perfect for summer veggie-filled breakfast choices.

Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/2 cup shredded zucchini
- 1 cup water
- 3 tbsp Parmesan cheese
- Handful of spinach (1/2 cup)
- 1/4 cup edamame beans
- 1 poached or fried egg
- Salt and pepper to taste
- 1/4 cup alfalfa sprouts
- 1/4 avocado

Cooking Instructions

1. Add oats, zucchini and water into a pot and bring to a boil.
2. Lower heat and let simmer until the oats are creamy.
3. Mix in cheese and season to your liking. In the meantime, cook the egg.
4. Add spinach to a bowl, add the oatmeal and top with beans, cooked egg, avocado and sprouts.
5. Enjoy!