



Savory Parmesan Oatmeal with Spring Peas and Mint



SERVINGS

2



COOKING TIME

10 min

Who says you can't have oatmeal for lunch or dinner? This recipe for Savory Parmesan Oatmeal with Spring Peas and Mint makes for delicious meal option. Refreshing mint and tangy lemon make this savory oatmeal dish burst with flavor.

Ingredients

- 3/4 tbsp butter
- 1 shallot, minced
- 2/3 cup [Quaker® Steel Cut Oats - Quick 3-Minute](#)
- 1 cup peas, fresh or frozen
- 2 cups low-sodium chicken stock (vegetable stock can be substituted)
- 1/4 cup reduced-fat grated Parmesan cheese, plus additional for topping (optional)
- 1 tbsp fresh lemon zest
- 1/4 cup finely shredded mint leaves
- Salt and pepper to taste

Cooking Instructions

1. In a medium sauce pan, heat the butter until just melted.
2. Add the shallot and cook for 3 minutes.
3. Add the oats and stir occasionally over low heat for 3-4 minutes, until oats and shallots are slightly golden, toasted and fragrant.
4. Add the peas and chicken stock.
5. Stir to combine and cook for 3-5 minutes or until thickened.
6. Stir in 1/4 cup Parmesan, lemon zest and mint.
7. Season with salt and pepper to taste and serve with extra Parmesan on top.