



Sesame Oat Vegetable Buddha Bowl



SERVINGS

1



COOKING TIME

6 to 9 minutes

Sesame Oat Vegetable Buddha Bowl is the perfect balance of wholesome oats and fresh veggies. Each bite is bursting with fresh flavors of ginger, garlic, and sesame oil. Add in Sriracha sauce for a kick if you want to spice things up.

Ingredients

- 1/2 cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 small carrot cut into thin strips
- 1/2 cup(s) sliced mushrooms (can be one variety or a mix)
- 1/4 cup(s) bamboo shoots
- 1/4 cup(s) halved snow peas, strings removed (cut snow peas crosswise in half)
- 1/4 cup(s) bell pepper strips (about 2 x 1/4-inches), any color
- 1 small clove garlic, pressed or minced
- 1-1/2 teaspoon(s) grated fresh ginger
- 1-1/4 cup(s) low-sodium vegetable broth, divided
- 1-1/2 teaspoon(s) sesame oil, divided
- 1-1/2 teaspoon(s) toasted sesame seeds, divided
- Sriracha sauce (optional)

Cooking Instructions

1. Place vegetables, garlic and ginger in large nonstick skillet or wok.
2. Add 1/4 cup of the broth.
3. Bring to boil; reduce heat and simmer 3 to 4 minutes or until vegetables are crisp-tender and broth is absorbed, stirring frequently.
4. Meanwhile, place oats and 1 cup broth in microwave-safe bowl.
5. Microwave on HIGH, 1-1/2 to 2 minutes for quick oats or 2-1/2 to 3 minutes for old fashioned, or until desired consistency.

6. Stir in 1/2 teaspoon of the sesame oil and 1/2 teaspoon of the sesame seeds.
7. Spoon vegetable mixture over oats.
8. Top with 1 teaspoon sesame oil and 1 teaspoon sesame seeds.
9. Season with Sriracha, if desired.