



Steel Cut Oats Summer Grain Salad



SERVINGS

3-4



COOKING TIME

10 min

Enjoy a refreshing summer grain salad featuring hearty steel-cut oats, bursting with wholesome flavors and textures for a satisfying meal or side dish.

Ingredients

- 2 tbsp oil, vegetable
- 1/2 cup yellow onion, small diced
- 1 cup zucchini, small dice
- 1/4 cup baby lima beans, fresh (frozen if not in season)
- 3 cloves garlic, minced
- 1/2 cup bell peppers, small diced red/yellow/orange
- 1/4 cup corn, fresh frozen or canned also work
- 2 tbsp white wine vinegar; other flavor vinegar could work, such as apple cider, white balsamic, or rice vinegar
- Large pinch salt, kosher
- 1/2 cup fluffy steel cut oats [sub recipe]

Fluffy Steel Cut Oats

- 1 cup [Quaker® Steel Cut Oats - Traditional](#)
- 1 ? cups water, hot (recommend using a water kettle)
- 1/2 tsp salt

Cooking Instructions

1. In a pan, on medium-high heat, add oil and begin to sauté the onions and zucchini.
2. Stir and sauté for 2 minutes, then add baby lime beans and garlic and sauté for another 2 minutes, stirring to prevent garlic from burning.

3. Once the garlic is aromatic, add bell peppers and corn, lowering to medium-low heat, stirring, and tossing the veggies.
4. Add the white wine vinegar and salt, creating a light sauce that will be used to flavor the oats.
5. Lower the heat to low, add the fluffy oats, and fold and stir vegetables until well incorporated together.
6. Serve and enjoy!

Fluffy Steel Cut Oats

7. Prepare a large deep bowl and aluminum foil to cover it.
8. In a dry pan (with no oil), add your ?????? ????? ??? ????? and bring to medium-low heat to toast the oats.
9. Toss and stir the oats for 5 minutes, assuring they don't stand still too long to prevent them from burning. You are looking for a nutty and toasty smell.
10. Pour toasty oats into the bowl, add salt, and carefully add hot/boiling water from the water kettle into the bowl. The Oats will boil up with force but quickly settle down, be careful.
11. Cover with foil and let stand for 25 min.
12. When ready, uncover and fluff with a fork or spatula and use as a rice replacer or other unique ways.
13. Can be made ahead and stored refrigerated for 3 days.