



Three Pepper Oat Pilaf



SERVINGS

6



COOKING TIME

10 min

Three Pepper Oat Pilaf is a yummy addition to any meal. With fresh red and yellow peppers, light seasonings including black pepper, and wholesome oats, this dish will pair well with virtually any meat entree and enhance the meal with its mild flavor. Both comforting and versatile, this dish will soon be one of your go-to sides.

Ingredients

- 1/2 cup chopped red bell pepper
- 1/2 cup chopped yellow bell pepper
- 1/2 cup chopped mushrooms
- 1/2 cup sliced green onions
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 ¾ cups [Quaker® Oats-Old Fashioned](#)
- 2 egg whites or 1 egg, lightly beaten
- 3/4 cup vegetable broth
- 2 tbsp minced fresh basil leaves or 2 tsp dried basil
- 1/2 tsp salt
- 1/4 tsp black pepper

Cooking Instructions

1. In 10-inch nonstick skillet, cook peppers, mushrooms, green onions and garlic in oil over medium heat, stirring occasionally, until vegetables are crisp-tender, about 2 minutes.
2. In large bowl, mix oats and egg whites until oats are evenly coated.
3. Add oats to vegetable mixture in skillet.
4. Cook over medium heat, stirring occasionally, until oats are dry and separated, about 5 to 6 minutes.
5. Add broth, basil, salt and pepper.

6. Continue cooking, stirring occasionally, 2 to 3 minutes or until liquid is absorbed.
7. Serve immediately.