



Vegetable Oatmeal Pilaf



SERVINGS

1



COOKING TIME

10 min

Vegetable Oatmeal Pilaf is a beautiful oat dish with a variety of both colors and flavors. This recipe makes for a great side to many meals by adding a hearty feel to it. Pilaf is an adaptable dish that pairs well with anything from chicken to shrimp.

Ingredients

- 1/2 cup chopped mushrooms
- 1/2 cup chopped green or red bell pepper
- 1/2 cup sliced green onions
- 1 tbsp vegetable oil
- 1 ¾ cups [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- ¾ cup low-sodium chicken broth

Cooking Instructions

1. Sauté mushrooms, pepper and onion in oil 2 to 3 minutes.
2. Mix oats until oats are evenly coated.
3. Add oats to vegetable mixture in skillet; cook over medium heat until oats are dry and separated, about 5 to 6 minutes.
4. Add broth; reduce heat to medium-low.
5. Continue cooking 2 to 3 minutes for quick oats (3 to 4 minutes for old fashioned oats) or until liquid is absorbed.
6. Serve immediately.