



Watermelon and Oat Salad

QUAKER

Servings: 3

Watermelon and Oat Salad

Brought to you by Sam
Stephens, OatMeals



Ingredients

- 1 cup Quaker® Steel Cut Oats
- 3 cups water
- ½ shallot, sliced into thin rings
- 2 tablespoons extra virgin olive oil
- 1 tablespoon white balsamic vinegar
- 3 cups seedless watermelon, chopped into 1-inch cubes
- 1 ½ cups fresh strawberries, quartered
- 3 cups fresh arugula
- 1 cup basil, roughly chopped
- ½ cup feta cheese, crumbled
- Kosher salt and freshly ground black pepper, to taste



Preparation

1. Combine oats and water in a small saucepan and bring to a boil. Lower heat and simmer for 10 minutes.
2. While oats are cooking combine shallots, olive oil, and vinegar in a small bowl.
3. When oats have finished cooking, place them in a fine mesh strainer and rinse with cool water. Place strainer on top of a bowl and store in refrigerator for 10 mins to cool completely.
4. In a large mixing bowl combine all remaining ingredients with cooled oats. Top with dressing and mix to combine.

NUTRITION FACTS (PER SERVING):

420 calories, 17 g fat, 4 g sat fat, 15 mg cholesterol, 180 mg sodium, 58 g total carb, 8 g fiber, 17 g sugar, 12 g protein, 15% DV calcium, 0% DV vitamin D, 70% DV vitamin C, 15% DV vitamin A, 15% DV potassium, 20% DV iron, 30% DV thiamin, 30% DV magnesium, 0 g added sugar

QUAKER