

Savory Oatmeal & Soft-Cooked Egg

Adapted from: Martha Stewart

Prep time: 5 minutes
Cook time: 5-10 minutes

Total time: 15 minutes
Serves: 1



Ingredients

½ cup quick-cooking rolled oats
coarse salt and ground pepper
nonstick cooking spray or EVOO

1 large egg
2 tbsp. shredded sharp cheddar
1 tbsp. thinly sliced scallion greens

Instructions

1. In a small saucepan, bring 1 cup water to a boil. Add oats and a pinch of salt; stir, reduce heat, and simmer until tender, about 5 minutes.
2. Meanwhile, heat a small nonstick pan over medium. Coat lightly with cooking spray or olive oil. Add egg and cook until white is set and yolk is still runny, about 3 minutes. Season egg to taste with salt and pepper.
3. Serve oatmeal in a bowl topped with cheese, egg, and scallion greens.