
CHEESE & BROCCOLI BAKED OATS

(Nut-Free, Egg-Free, Vegetarian)

Yield: 4 servings **Total time:** 30 minutes



D'LISH

Ingredients

- 4 cups skim milk OR almond milk
- 1/4 tbsp Dijon mustard
- Spices: 1 tsp garlic powder, 1 tsp black pepper, 1/2 tsp turmeric, 1 tsp paprika
- 4 oz shredded cheddar cheese, divided
- 1/2 cup nutritional yeast
- 2 cup Quaker Oats Steel Cut Quick 3-min Oats
- 8oz frozen broccoli, thawed

Directions

1. Preheat oven to 425. Add milk to a 4-quart saucepan along with your spices and mustard.
2. Bring milk to a boil, then pour in 1 oz of cheddar cheese, nutritional yeast, and quick cooking steel cut oats. Stir and add frozen broccoli.
3. Bring down to a simmer and stir the mixture periodically to prevent it from sticking. Simmer for 10 minutes.
4. Pour mixture into a baking dish and top with remaining cheese. Place in the oven for 8-10 minutes until cheese starts to brown and crisp.
5. Remove from oven. Let cool for 4-5 minutes and serve.

Per serving: 450 Calories; Total Fat 10g; Saturated Fat 4g; Sodium 320mg; Total Carbohydrates 50g; Fiber 10g; Protein 32g

Nutrition Information

- The vitamins, minerals, and antioxidants in steel cut oats can provide important health benefits. For example, the fiber in them helps to lower cholesterol and move food efficiently through the digestive tract. Fiber may also enhance immune function.

Grocery List

- Low fat milk
- Dijon mustard
- Garlic powder, Pepper, Turmeric, Paprika
- Cheddar cheese
- Nutritional yeast
- Quick Steel Cut Oats
- Broccoli

Kitchen Equipment

- Saucepan
- Measuring cups and spoons
- Spatula
- Baking dish
- Serving Bowls

- Steel cut oats are also rich in iron and B vitamins, both of which improve energy levels.
- In addition, steel cut oats can provide other health benefits, such as:
 - Support Weight loss
 - Control Diabetes
 - Manage Cholesterol

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