

Oatmeal “Risotto” w/Cherry Tomatoes & Basil

From Oldways Whole Grains Council

<http://wholegrainscouncil.org/recipes/main-dishes/oatmeal-risotto-w-cherry-tomatoes-basil>

Ingredients

- 3 cups chicken broth
- 1 cup quick oats
- ¼ cup grapeseed oil
- 1-2 garlic cloves, sliced thin
- 10 cherry tomatoes, quartered
- 5 basil leaves, torn
- Kosher salt & pepper to taste
- 3 Tbsp. grated Parmesan or cheddar cheese (or try shredded mozzarella)

Instructions

1. First, make the oatmeal. In a saucepan, bring chicken broth to a boil. Add oats, return to a boil and simmer for 5 minutes. Let cool completely, then refrigerate for 4 hours so the oatmeal firms up nicely.
2. Heat grapeseed oil in a skillet over medium heat. Add garlic and sauté until golden brown. Add cherry tomatoes, sauté quickly, then add basil and cook another 30 seconds or so.
3. Fold in oatmeal, season with salt and pepper, and mix to incorporate ingredients and warm the oatmeal.
4. Distribute on plates, top with cheese and garnish with fresh basil.

Makes 4 Servings.

Nutritional Information per serving

Calories: 240	Dietary Fiber: 3 g
Total Fat: 16 g	Sodium: 110 mg
Saturated Fat: 2 g	Protein: 6 g
Cholesterol:	Carbohydrates: 17 g