

Cheese and Broccoli Oats



Ingredients

- 1 cup Quaker® Steel Cut Oats - Quick 3-Minute
- 2 cups skim milk (or milk alternative)
- 2 tbsp Dijon mustard
- 1 ½ tsp garlic powder
- 1/8 tsp kosher salt
- 1/4 tsp white pepper powder
- 1/8 tsp ground turmeric
- 1/2 tsp paprika
- 2 oz sharp cheddar, shredded, divided
- 1 oz nutritional yeast
- 4 oz broccoli, chopped, blanched ahead or frozen

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	25 min	35 min	2

Made with



Quaker® Steel Cut Oats - Quick 3-Minute

How to make it

1. Add milk to a 2-quart pan along with your spices and mustard.
2. Bring milk to a boil, then pour in 1 oz of cheese, nutritional yeast, and Quaker Oats Steel Cut Quick 3-minute Oats while stirring.
3. If using frozen broccoli, add now.
4. Bring down to a simmer and stir the mixture periodically to prevent it from sticking.
5. If using blanched broccoli, add now.
6. Allow it to cook for 10 minutes.
7. Pour into a bowl or baking dish and top with the remaining cheese.

[title]For baked experience:

9. Pour cheesy mixture into a small casserole or baking dish and place in 400°F oven for 8-10 minutes or until cheese starts to brown and crisp.