

# Savory Parmesan Oatmeal with Spring Peas and Mint



## Ingredients

- 3/4 tbsp butter
- 1 shallot, minced
- 2/3 cup Quaker® Steel Cut Oats - Quick 3-Minute
- 1 cup peas, fresh or frozen
- 2 cups low-sodium chicken stock (vegetable stock can be substituted)
- 1/4 cup reduced-fat grated Parmesan cheese, plus additional for topping (optional)
- 1 tbsp fresh lemon zest
- 1/4 cup finely shredded mint leaves
- Salt and pepper to taste

## How to make it

1. In a medium sauce pan, heat the butter until just melted.
2. Add the shallot and cook for 3 minutes.
3. Add the oats and stir occasionally over low heat for 3-4 minutes, until oats and shallots are slightly golden, toasted and fragrant.
4. Add the peas and chicken stock.
5. Stir to combine and cook for 3-5 minutes or until thickened.
6. Stir in 1/4 cup Parmesan, lemon zest and mint.
7. Season with salt and pepper to taste and serve with extra Parmesan on top.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	10 min	15 min	2

## Made with



**Quaker® Steel Cut Oats - Quick 3-Minute**