

# Three Pepper Oat Pilaf

## Ingredients

- 1/2 cup chopped red bell pepper
- 1/2 cup chopped yellow bell pepper
- 1/2 cup chopped mushrooms
- 1/2 cup sliced green onions
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1 ¾ cups Quaker® Oats-Old Fashioned
- 2 egg whites or 1 egg, lightly beaten
- ¾ cup vegetable broth
- 2 tbsp minced fresh basil leaves or 2 tsp dried basil
- 1/2 tsp salt
- 1/4 tsp black pepper

## How to make it

1. In 10-inch nonstick skillet, cook peppers, mushrooms, green onions and garlic in oil over medium heat, stirring occasionally, until vegetables are crisp-tender, about 2 minutes.
2. In large bowl, mix oats and egg whites until oats are evenly coated.
3. Add oats to vegetable mixture in skillet.
4. Cook over medium heat, stirring occasionally, until oats are dry and separated, about 5 to 6 minutes.
5. Add broth, basil, salt and pepper.
6. Continue cooking, stirring occasionally, 2 to 3 minutes or until liquid is absorbed.
7. Serve immediately.



PREP  
TIME  
5 min



COOK  
TIME  
10 min



TOTAL  
TIME  
15 min



SERVINGS  
6

## Made with



**Quaker® Oats-Old Fashioned**