

Savory Oatmeal

Makes 2 servings
Total time: 10 minutes



Jersey City
Medical Center

RWJBarnabas
HEALTH

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Ingredients

2 cups chicken stock

1 cup rolled oats

2 cups fresh greens (1/2 cup frozen)

1/4 teaspoon sea salt (or to taste)

black pepper

2 eggs (poached, hard-boiled, or sunny-side up)

Optional toppings or add-ins:

Sliced mushrooms

Avocado slices

Tomatoes

Chopped chicken

Crushed peanuts

Chopped onions

Green peas

Additional seasonings

Directions

1. Add stock to a small pot and bring to a boil.
2. Add rolled oats and greens. Cook for 5 minutes or until the oats are cooked through. Stir occasionally. Add salt and pepper to taste.
3. Top with an egg. You can quickly poach an egg in the microwave with a sturdy mug. Fill mug with warm water, crack egg into it and microwave on high for 30 seconds. Repeat until whites are cooked. Lift out of mug with a fork and pat dry.
4. Add remainder of preferred toppings.