



SPORTS NUTRITION RECIPES



SAVORY OATMEAL & SOFT COOKED EGG

BY BREEZE BROWN, RD

WHAT YOU'LL NEED:

- ½ C quick cooking rolled oats
 - Nonstick cooking spray
 - 1 large egg
 - 2 Tbsp. shredded sharp cheddar
 - 1 Tbsp. thinly sliced scallions
 - Salt and pepper to taste
-

PUTTING IT TOGETHER:

1. In a small saucepan bring 1 C water to a boil. Add oats and a pinch of salt, stir and reduce heat. Simmer until tender (approx. 5 min)
2. In the meantime heat a small non-stick pan over medium heat. Coat lightly with cooking spray. Add egg and cook until white is set and yolk is still runny (approx. 3 min).
3. Season egg with salt and pepper.
4. Serve oatmeal topped with egg, cheese and scallions.