

Microwave Zucchini Oatmeal



Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 egg white, lightly beaten, or 1 large whole egg, lightly beaten
- 1/2 cup shredded zucchini, peeled if desired
- 1 cup nonfat milk or water
- 1/8 tsp salt (optional)

How to make it

1. Place oats and salt, if desired, in microwave-safe bowl (at least 4-cup capacity).
2. Add egg white or whole egg to oats. Stir to combine (no specks of yolk should show if using whole egg). Stir in zucchini. Add milk; stir until all ingredients are well combined.
3. For quick oats, microwave on HIGH, uncovered, 2 to 2-1/2 minutes or until egg is fully cooked and oats are desired consistency.
4. For old fashioned oats, microwave on HIGH, uncovered, 2 minutes. Stir oats, microwave about 1 minute longer in 30 second intervals, stirring after each interval until egg and oats are cooked.
5. Let stand 1 to 2 minutes before stirring in other ingredients if thicker consistency is desired.



PREP
TIME
5 min



COOK
TIME
5 min



TOTAL
TIME
10 min



SERVINGS
1

Made with



Quaker® Oats-Old Fashioned