

# Sesame Oat Vegetable Buddha Bowl

## Ingredients

- 1/2 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 small carrot cut into thin strips
- 1/2 cup sliced mushrooms (can be one variety or a mix)
- 1/4 cup bamboo shoots
- 1/4 cup halved snow peas, strings removed (cut snow peas crosswise in half)
- 1/4 cup bell pepper strips (about 2 x 1/4-inches), any color
- 1 small clove garlic, pressed or minced
- 1 ½ tsp grated fresh ginger
- 1 ¼ cups low-sodium vegetable broth, divided
- 1 ½ tsp sesame oil, divided
- 1 ½ tsp toasted sesame seeds, divided
- Sriracha sauce (optional)

## How to make it

1. Place vegetables, garlic and ginger in large nonstick skillet or wok.
2. Add 1/4 cup of the broth.
3. Bring to boil; reduce heat and simmer 3 to 4 minutes or until vegetables are crisp-tender and broth is absorbed, stirring frequently.
4. Meanwhile, place oats and 1 cup broth in microwave-safe bowl.
5. Microwave on HIGH, 1 ½ to 2 minutes for quick oats or 2 ½ to 3 minutes for old fashioned, or until desired consistency.
6. Stir in 1/2 teaspoon of the sesame oil and 1/2 teaspoon of the sesame seeds.
7. Spoon vegetable mixture over oats.



PREP  
TIME  
5 min



COOK  
TIME  
5 min



TOTAL  
TIME  
10 min



SERVINGS  
1

## Made with



Quaker® Oats-Old Fashioned

8. Top with 1 teaspoon sesame oil and 1 teaspoon sesame seeds.
9. Season with Sriracha, if desired.