



SAVORY ZUCCHINI OATS



INGREDIENTS:

- 1/2 cup oatmeal
- 1/2 cup egg whites
- 1 cup water
- 1/4 cup shredded zucchini (~1/4 large zucchini)
- 1/4 cup baby carrots (chopped)
- 2 baby bella mushrooms
- pinch of salt
- 1 whole egg

DIRECTIONS:

- 1) Finely shred zucchini using a cheese grater
- 2) Cook mushrooms and carrots until carrots soften, ~5 minutes. Set aside
- 3) Add water, oatmeal, egg whites, and a pinch of salt to a small pot and mix well
- 4) Cook on medium heat for ~3-5 minutes
- 5) Add shredded zucchini to cooked oats, mix well
- 6) Cook whole egg sunny-side up or per preference (alternate option: beat egg and add to oat mixture, cook until oats are fully cooked ~5 minutes)
- 7) Serve oats and top with mushrooms, carrots, and egg

Enjoy!

Makes 1 Serving

Calories: 334 | Protein: 25 g | Carbs: 38 g | Fat: 8 g | Fiber: 7 g