

Another Healthy Recipe from



Spinach, Tomato and Feta Oatmeal

(from Food Network)

This satisfying dish takes a traditional breakfast favorite and turns it into a savory version with an almost risotto-like texture. It's great served warm or at room temperature.

Ingredients

- 2 teaspoons fresh lemon juice
- Kosher salt and freshly ground black pepper
- 1/8 teaspoon crushed red pepper, optional
- 2 cups old-fashioned rolled oats
- One 5-ounce package fresh baby spinach
- 1 cup grape tomatoes, halved
- 3/4 cup crumbled feta
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons finely chopped fresh dill
- 2 scallions, thinly sliced
- Kalamata olives, sliced, optional



Directions

Bring 4 cups water, lemon juice, 1 1/4 teaspoons salt, 1/2 teaspoon pepper and crushed red pepper if using to a boil in a large saucepan.

Stir in the oats, spinach and tomatoes, reduce the heat to medium and cook, stirring frequently, until the oats are just softened and the mixture is slightly thickened, about 7 minutes. Remove the saucepan from the heat and stir in the feta, oil and dill.

Transfer the oatmeal to individual bowls and garnish with scallions and olives if using.

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