



Cheese and Broccoli Oats

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2

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25 min

Elevate your oatmeal game with a savory twist, combining creamy oats with gooey cheese and tender broccoli for a comforting and nutritious meal that's perfect any time of day.

Ingredients

- 1 cup [Quaker® Steel Cut Oats - Quick 3-Minute](#)
- 2 cups skim milk (or milk alternative)
- 2 tbsp Dijon mustard
- 1 ½ tsp garlic powder
- 1/8 tsp kosher salt
- 1/4 tsp white pepper powder
- 1/8 tsp ground turmeric
- 1/2 tsp paprika
- 2 oz sharp cheddar, shredded, divided
- 1 oz nutritional yeast
- 4 oz broccoli, chopped, blanched ahead or frozen

Cooking Instructions

1. Add milk to a 2-quart pan along with your spices and mustard.
2. Bring milk to a boil, then pour in 1 oz of cheese, nutritional yeast, and Quaker Oats Steel Cut Quick 3-minute Oats while stirring.
3. If using frozen broccoli, add now.
4. Bring down to a simmer and stir the mixture periodically to prevent it from sticking.
5. If using blanched broccoli, add now.
6. Allow it to cook for 10 minutes.
7. Pour into a bowl or baking dish and top with the remaining cheese.

For baked experience:

8. Pour cheesy mixture into a small casserole or baking dish and place in 400°F oven for 8-10 minutes or until cheese starts to brown and crisp.