



Savory Oatmeal with Avocado, Kale & Poached Eggs

 **SERVINGS** not found or type unknown

 **COOKING TIME** not found or type unknown

2

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Ingredients

- 1 cup [Quaker® Oats-Old Fashioned](#)
- 1 3/4 cups water
- pinch salt
- 1 tablespoon extra virgin olive oil
- 1 clove garlic, thinly sliced
- 1/8 teaspoon red pepper flakes
- 1 bunch of kale, leaves stripped from stem and thinly sliced
- 1 tablespoon coconut aminos (or tamari)
- 2 eggs
- 1/3 avocado, sliced
- 1 tablespoon sesame seeds

Shiitake Bacon

- 1/2 pound shiitake mushrooms, stems removed, caps cleaned, and thinly sliced, 1/4 inch thick
- 2 tablespoons extra virgin olive oil
- 1 teaspoon coconut aminos (or tamari)

Cooking Instructions

1. Preheat oven to 400 degrees. On a parchment paper-lined sheet tray, toss shiitake mushrooms with coconut aminos or tamari and olive oil. Spread mushrooms out evenly, and bake for 30 minutes, turning frequently until crispy. Pay close attention to the oven as mushrooms can go from perfect to burned quickly. Mushrooms will continue to crisp when removed from the oven.

2. As the mushrooms cook, make the oats. Bring 1 3/4 cups water and a pinch of salt to a boil. Add oats, reduce heat to low, simmer and cook for 5 minutes until liquid is absorbed and oats are tender.
3. To make the kale, warm olive oil in a large skillet over medium heat. Add garlic and chili flakes and cook for 1 minute. Add the kale and cook until wilted, about 4 minutes. Finish with 1 tablespoon coconut aminos or tamari. Transfer to a bowl and set aside.
4. For the poached eggs, bring a large saucepan of salted water to a gentle simmer. Crack an egg into a small bowl. Stir simmering water with a slotted spoon to make a gentle whirlpool. Tip egg out of bowl into center of whirlpool and swirl water gently to help bring whites up around the yolk. Repeat with additional egg. Cook until whites are just set but yolk is still soft, about 2½ to 3 minutes. Using a slotted spoon, transfer eggs to a paper towel-lined warm plate.
5. To serve, spoon oats into two bowls. Divide the kale and shiitake bacon between the bowls. Top each bowl with a poached egg, avocado slices, and a sprinkling of sesame seeds.