



Southwest Bowl



SERVINGS

1



COOKING TIME

3 minutes

Southwest Bowl is savory, easy to make, and contains so many family-favorite ingredients like avocado, eggs, cheese and more. Add your favorite hot sauce to spice things up or skip that step for a milder dish. Whether you enjoy this oat bowl with lunch or dinner, this southwest inspired recipe is warm and hearty.

Ingredients

- 1/2 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 cup baby spinach leaves, chopped
- 1 cup water or milk of your choice
- 1/2 cup liquid egg whites or 3 egg whites
- Pinch of sea salt
- 1/2 avocado, cubed
- 2 tablespoons pepitas
- 1 tablespoon cheddar cheese, grated
- Sriracha or hot sauce of choice

Cooking Instructions

1. Place oats in microwave safe bowl (at least 4-cup capacity).
2. Add egg white or whole egg to oats.
3. Stir to combine (no specks of yolk should show if using whole egg).
4. Add water; stir until all ingredients are well combined.
5. For quick oats, microwave on HIGH, uncovered, 2 to 2-1/2 minutes or until egg is fully cooked and oats are desired consistency.
6. For old fashioned oats, microwave on HIGH, uncovered, 2 minutes.
7. Stir oats, microwave about 1 minute longer in 30 second intervals, stirring after each interval until egg and oats are cooked.
8. Let stand 1 to 2 minutes before stirring in other ingredients if thicker consistency is desired.

9. Add avocado, pepitas, cheddar cheese and hot sauce (optional).