



COOK'S ILLUSTRATED STEEL-CUT OATMEAL IN 10 MINUTES

PREP TIME: 5 minutes COOK TIME: 10 minutes SERVINGS: 2

INGREDIENTS

- 1 1/2 cups water
- 1/2 cup steel-cut oats
- 1 pinch salt, optional
- 1/2 cup milk or water, almond milk or cashew milk
- Pecans or any chopped and toasted nut you prefer
- Fresh fruit, optional
- Sharp cheddar cheese or whatever cheese you prefer, optional

NUTRITION INFORMATION

Each serving contains about 170 calories; 30 g carbs; 3 g fat; 6 g protein; 4 g dietary fiber; 8 mg sodium.

Source: Cook's Illustrated magazine

INSTRUCTIONS

In a small saucepan, combine the water, steel-cut oats and salt. Bring the mixture to a boil, then cover and reserve overnight.

The next day, stir in milk and bring the mixture to a boil over medium-high heat. Then lower the heat to medium and cook for 4-6 minutes until it has the consistency of thick pudding. Stir occasionally and monitor to make sure that the milk/water doesn't boil over.

Remove from heat and rest for 5 minutes. Stir and serve. Garnish with pecans. Also if you have fresh fruit on hand, toss it in. Serve with a small wedge of sharp cheddar cheese on the side if you like.