



SAVORY BREAKFAST OATS

2 SERVINGS @ \$1.14/EA (BROCCOLI VERSION)

Wheat Penny chef Liz Valenti shares this recipe for a savory take on oatmeal, made with whey leftover from making ricotta cheese.

- 1 cup old-fashioned rolled oats (not quick oats)
- 1 cup milk (or whey from cheesemaking; see page 21)
- 1 cup water
- ½ tsp. salt
- Savory toppings of choice (see Note)

Bring whey or milk, water, and salt to a boil in a medium saucepan. Add oats and stir well. Bring to a boil, then reduce heat to low. Cover and simmer for 5–7 minutes until thickened, stirring occasionally. Remove from heat and let cool slightly.

Note: Our favorite savory toppings include sautéed spinach or rapini, garlic-braised mushrooms, roasted red peppers, blanched broccolini—a great use of leftover vegetables. Add crumbled feta or goat cheese, and toasted pumpkin seeds add a great crunch.

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