

Making One Ingredient Go A Long Way For Breakfast

By: *Providence Health Team*

The alarm sounds. You wake up and check it to realize you hit snooze too many times, and only have 30 minutes to get ready for class. You tear the covers off and frantically scramble across your dorm room to gather the things you need for the day.

This is a very familiar situation for many college students, and it usually results in having to make a quick breakfast in their dorm room. For most, it would probably be the trusty granola bar, that on-the-go banana or many times: oatmeal.

While all these never fail to give us some quick morning fuel, why not find some easy ways to spice up your morning routine and still keep it healthy and quick?

To continue our series of celebrating “Build a Better Breakfast Month”, here are just a few ideas on how to take one regular old breakfast and turn it into a mouthwatering morning must-haves.

Not Your Ordinary Oatmeal

Oats are packed with super-fuel complex carbohydrates, fiber, iron, protein, and heart-healthy unsaturated fats, so it’s a great way to get your brain and body functioning at full speed in the morning. Here are three simple ways to turn that bowl into something you and your roommate can’t resist.

Mouth-watering Oatmeal with Cheddar and Fried Egg

Yes, you read that correctly. Oatmeal can in fact be used—and tastes delicious—with cheddar cheese and a fried egg. It’s all about how you spice up those ingredients to make them work together to create that highly sought-after sweet and savory punch.

The classic flavor combination of this recipe isn’t even the best part—these ingredients are packed with nutrients that will give you the fuel you need in the mornings. This dish will give you that extra boost with 13g of protein, as well as 3g of that elusive fiber.

Ingredients:

- ¼ cup dry quick-cooking steel cut oats
- ¾ cup water
- salt and pepper
- 2 TBS shredded white cheddar cheese (you can add more, if you’d like)
- 1 tsp coconut oil
- ¼ cup diced red peppers
- 2 TBS finely chopped onions
- 1 large egg

Optional Toppings:

- chopped walnuts
- sliced green onions
- za’atar (or other spice blends)

Directions:

1. For the first step, you could use either of the two methods below:
 - a. **Stove Top Method:** Bring water to boil. Add oatmeal, reduce heat a little and let it cook for 3 minutes, or until all the liquid is absorbed. Turn off heat and stir in cheese, as well as a small pinch of salt and pepper.
 - b. **Microwave Method:** Place oats and water in a microwave-safe bowl. Line microwave dish with paper towels to catch any spills. Microwave at a high setting (not the highest, but about 8/10 of the power setting) at one-minute intervals for a total of 3 minutes.
2. Heat a nonstick pan with ½ teaspoon of coconut oil over medium-high heat. Add vegetables and cook for 2-3 minutes, until they soften. Spoon the vegetables over the cooked oats. Reduce to medium heat.
3. Add remaining ½ teaspoon of oil and fry an egg. Cook until the whites of the egg are no longer translucent and serve over the oatmeal. If a stove-top or pan isn't available—don't fret! Microwaves can also do the trick. Here are quick tips to cook eggs without a stove: <https://www.youtube.com/watch?v=a1qEMHzrIyw>
4. Top with chopped walnuts, green onions, and spice. Blend if you'd like.

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