

Rolled Oat “Risotto” with Vegetables

Oatmeal gets a makeover in this savory, vegetable-studded spin on Italian risotto. It’s easy to make and full of healthy fiber and nutrients, and better yet, it’s good the next day. Why not rethink breakfast? This oatmeal dish is jammed with vibrance and immune boosting phytonutrients which will make it a perfect to end or start to your day.

Ingredients:

- 1 T Miyokos butter, or 1 olive oil (plus a little more to taste)
- 2 C coarsely chopped onions, (1 small onion quartered, Cone #3)
- 1 Tbsp minced garlic, Cone #1
- 4 C white button mushrooms, sliced (8oz) (Cone #4) or shitakes (if using shitakes, remove stems and chop by hand)
- 1 Carrot, Cone #3 (1 C)
- 1 1/2 C unsweetened oat milk, or milk of choice
- 1 1/2 C water
- 1 1/2 C old-fashioned rolled oats
- 2 Bouillon cubes, such as Rapunzel
- 2 tbsp fresh thyme, finely chopped, plus more to taste
- Salt and pepper
- freshly grated nutmeg to taste
- 1 C frozen edamame (green soybeans), thawed
- 3 C fresh spinach leaves
- 1/4 C Vegan parmesan, such as Follow Your Heart (optional)

Melt Miyoko’s butter (or olive oil) in a heavy-bottomed large pot over medium heat. Add onions. Cook for about 5 minutes then add garlic, mushrooms and carrots. Season lightly with salt and pepper and cook for another 5 minutes, stirring frequently, until veggies are partially cooked.

Add oat milk, water, Bouillon cubes, nutmeg and thyme. Increase heat to high and bring mixture to a boil.

Stir in oatmeal. Let mixture come back to a rolling boil. Reduce heat to medium and simmer for 5 minutes, stirring occasionally.

Add edamame and cook for an additional 5 minutes, stirring occasionally. Fold in the spinach. Cook until spinach has wilted, about a minute. If you prefer a creamier porridge, add additional oat milk as needed. Taste for seasoning and add additional salt, pepper (white pepper is great), nutmeg and thyme as desired. We generally stir in a dollop of Miyokos or olive oil and fold in a little Vegan cheese just before serving. Serve warm. Voila!

Yield: 4 servings

Serving size: 1 1/2 cups