

Savory Oatmeal with Tomato & Sausage

Start the day by eating a meal that's balanced, healthy and—most importantly—filling. Oats get a new life in this savory dish, serving as the backbone for a satisfying combo of sausage, greens, tomatoes, and herbs.

Ingredients

- 2 teaspoons sunflower or canola oil, divided
- 1 ½ ounces fully cooked sweet Italian chicken sausage (1/2 link)
- 1 cup low-sodium vegetable broth
- 1/2 cup old-fashioned rolled oats
- 1/8 teaspoon salt
- 1/2 cup grape tomatoes, halved
- 1/3 cup packed fresh herbs, such as parsley and/or cilantro
- 1/2 cup packed baby arugula
- 1 tablespoon pine nuts, toasted
- 1 large lemon wedge

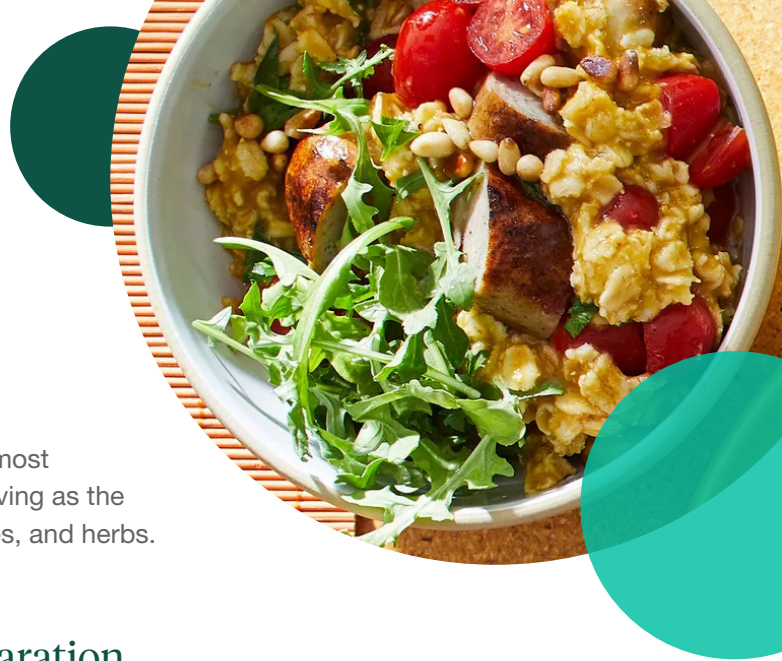
Preparation

1. Heat 1 tsp. oil in a small nonstick or cast-iron skillet over medium heat. Add sausage and cook until evenly browned, about 10 minutes.
2. Meanwhile, bring broth to a boil in a small saucepan over high heat. Stir in oats and salt; reduce heat to medium and cook, stirring occasionally, until the oats are tender and most of the liquid has been absorbed, about 5 minutes.
3. Thinly slice the sausage into coins. Stir the sausage, tomatoes, and herbs into the cooked oatmeal. Transfer to a bowl. Top with arugula and pine nuts; drizzle with the remaining 1 tsp. oil. Serve with lemon wedge, if desired.

Nutrition

Yield 1 serving; calories 391; fat 22g; total carbohydrates 53g; protein 15g

Source: [eatingwell.com](https://www.eatingwell.com)



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