Fig & Ricotta Oatmeal

1 serving | Active Time: 10 minutes | Total Time: 10 minutes

Ingredients

- 1 cup water
- Pinch of salt
- 1/2 cup old-fashioned rolled oats
- 2 tablespoons part-skim ricotta cheese
- 2 tablespoons chopped dried figs
- 1 tablespoon toasted sliced almonds
- 2 teaspoons honey

Preparation

1. Bring water and salt to a boil in a small saucepan. Stir in oats, reduce heat to medium and cook, stirring occasionally, until most of the liquid is absorbed, about 5 minutes. Remove from heat, cover and let stand 2 to 3 minutes. Top with ricotta, figs, almonds and honey.

Nutrition

Per serving: 315 Calories; 8 g Fat; 2 g Sat; 4 g Mono; 10 mg Cholesterol; 53 g Carbohydrates; 10 g Protein; 7 g Fiber; 194 mg Sodium; 359 mg Potassium

3 Carbohydrate Serving

Exchanges: 2 starch, 1 fruit, 1 other carbohydrate, 1/2 medium-fat meat, 1/2 fat

Tips & Notes

- **Overnight oats variation**: Combine 1/2 cup old-fashioned rolled oats with 1/2 cup water and a pinch of salt in a jar or bowl. Cover and refrigerate overnight. In the morning, add toppings. Eat cold or heat up. Makes about 1 cup.
- **Steel-cut oats variation**: Bring 1 cup water and a pinch of salt to a boil in a small saucepan. Add 1/3 cup steel-cut oats, reduce heat to a bare simmer, cover and cook, stirring occasionally, until most of the liquid is absorbed, 15 to 20 minutes. Remove from heat and let stand, covered, 2 to 3 minutes. Add toppings. Makes about 1 cup.