Recipe of the Week

Oatmeal and Leek Risotto

Ingredients:
• 3 cups low-sodium chicken broth
• 1 cup quick oats
• 2 tablespoons grape seed oil
• 1 cup leeks, diced
• 1 to 2 garlic cloves, thinly sliced
• 10 cherry tomatoes, quartered
• 5 fresh basil leaves, torn
• 1 teaspoon ground black pepper
• 2 tablespoons low-sodium Parmesan cheese, grated

Directions:
1. Bring chicken broth to a boil and add oats. Return to a boil and simmer for 5 minutes until cooked and creamy.
2. Meanwhile heat grape seed oil in a skillet over medium heat. Add leeks and garlic and sauté until soft. Add cherry tomatoes and basil and cook for 1 minute.
3. Add oatmeal and Parmesan cheese to sautéed ingredients and season with pepper. Mix the ingredients over medium heat for 2 minutes and serve.

Serves 4
Nutrition: 190 calories, 9 g fat, 1 g saturated fat, 21 g carbohydrate, 3 g fiber, 7 g protein, 60 mg sodium
Source: Food & Nutrition Magazine, Academy of Nutrition and Dietetics