

Otter's Savory Oatmeal

Make each color-coded ingredient below separately in your morning 'food staple time,' and then add 'em all together:



RAINBOW CHARD & ONIONS

Sauté for 4 min over medium heat:

- 1 chopped golden onion
- Salt & pepper to taste

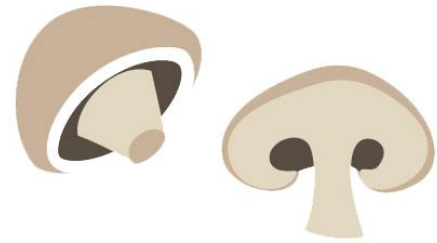
Add and sauté for 2 more min:

- 1 bunch destemmed, chopped rainbow chard

MUSHROOMS

Sauté for 4 min over medium heat:

- ½ lb mycopia chef's sampler mushrooms
- 2 tbsp gluten free soy sauce



EGG WHITES OR SUBSTITUTE:

Scramble:

- 1 egg white or egg substitute
- Salt, pepper, cayenne to taste

OATMEAL

Bring to a boil and then simmer for 5 min:

- 1 cup water
- ½ cup rolled oats



BRINGING IT ALL TOGETHER

Layer oatmeal, chard, onion, mushrooms, egg (or substitute), garnish with:

- ¼ chopped avocado
- ½ tsp chopped parsley
- Pinch smoked salt

Leftover veg is lovely on a pumpkin pizza crust with roasted bell pepper, arugula, and vegan pine nut pesto for lunch.