

# Pizza Oatmeal

THM-Friendly: E

In a medium pan, sautee:

- 3 Tbsp. diced onions
- 1-2 cloves of garlic
- 1/4 cup diced tomato

Sautee until the onion is soft. Add to the pan:

- 1/2 cup oats
- 1 cup chicken broth

Cook for about 6 minutes...until the oatmeal is done. Add:

- 2 Tbsp. diced ham or turkey pepperoni
- 1 Tbsp. nutritional yeast
- 1 Tbsp. Parmesan cheese
- 1/4 tsp. Italian seasoning (or 1/2 tsp. Trader Joe's Pizza Sprinkle, if you have it)
- a sprinkle of salt and pepper
- 1/4 cup low-fat cottage cheese

Add more chicken broth, if needed.

In a little bowl, warm up one wedge of Light Laughing Cow and mix with about 2 Tbsp. nut milk. Drizzle over your oatmeal, along with some pizza sauce and a few black olives.

enJOY....

