VANILLA OATMEAL WITH CINNAMON AND SEASONAL FRUIT

YIELD: 1 Serving | SKILL LEVEL: Easy

INGREDIENTS:

- 1/4 CUP STEEL CUT OATS (Not Quick Cooking)
- 3/4 CUP WATER
- 1/4 CUP Low Fat MILK
- PINCH SALT
- 1 TEASPOON BROWN SUGAR
- PINCH Ground CINNAMON
- 1 TEASPOON VANILLA EXTRACT
- 6 CHERRIES (Pitted)
- 1 NECTARINE

PROCEDURE:

1. Place oats into 1-quart/4-cup glass measuring cup (mixture will overflow if microwave dish is too small).
2. Add 1/2 cup of water and pour into cup with oats.
3. Cook uncovered for 3 minutes.
4. Add 1/4 cup of water and cook uncovered for an additional 3 minutes.
5. Remove from microwave and add an additional 1/4 cup of water and cook uncovered for an additional 3 minutes.
6. Meanwhile, slice cherries in half around their pit, remove the pit, and put cherry flesh into small prep bowl.
7. Slice nectarine around its equator, then slice vertically into 16 pieces, and put into small prep bowl.
8. Carefully take out glass cup from microwave.
9. Measure out salt, brown sugar, cinnamon, vanilla extract, and low fat milk into cup and stir into oatmeal.
10. Add fruit and place cup back into microwave.
11. Cook for 3 minutes uncovered.
12. Remove from heat and let stand for a minute or two.

Optional serving accompaniments: nuts, seasonal/dried fruit of your choice, warm milk, butter.

These recipes were tested with a 1000-watt microwave. Cooking times will vary according to microwave wattage and cooking containers utilized. Please be sure to carefully observe the dishes while they are cooking in the microwave oven for overflow.