

# Swiss Chard, Bok Choy, Asparagus and Egg Oatmeal Bowl

Serving Size: 1 bowl

Makes 1 serving

## Ingredients:

1 ¾ cups	water
1 cup	old fashioned oats, dry
2 TBSP	milk
½ tsp	cooking oil
1/3 cup	asparagus, 1" pieces
½ cup	bok choy, chopped
¼ cup	swiss chard, thinly sliced
1/8 tsp	salt
1 each	egg
2 tsp	parmesan cheese

## Preparation:

1. In a saucepan bring water to a boil. Stir in oats. Reduce heat to medium and cook for about 5 minutes stirring occasionally until water is mostly absorbed. Stir in milk. Set aside.
2. In the meantime, heat cooking oil in a sauté pan. Add asparagus and cook until almost tender. Toss in bok choy and swiss chard and cook until wilted. Add salt. Set aside.
3. Prepare egg to your liking (fried, scrambled, poached, etc.).
4. In a soup or cereal bowl, add the oatmeal, top with sauteed greens, fried egg and parmesan cheese.

NUTRITION FACTS	
PER SERVING	
calories	300
<b>total fat (g)</b>	12.5
saturated fat (g)	3
trans fat (g)	0
<b>sodium (mg)</b>	435
<b>total carbohydrate (g)</b>	33
dietary fiber (g)	6
sugar (g)	3
<b>protein (g)</b>	15



**RD APPROVED**



[FLIK-USA.com/blog](https://FLIK-USA.com/blog)

BLOG



FLIK Hospitality Group



@FLIKHospitality

Food by FLIK