

Baked Oatmeal



Trisha's Dishes

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This is the perfect dish to server with any of my breakfast breads or pastries. The recipe came from the American institute for Cancer Research.

Servings: 4

Prep Time: 10 minutes

Bake Time: 30 @ 350 degrees

Ingredients:

- 1 ¾ cups low-fat milk
- 2 teaspoons unsalted butter
- 1/8 teaspoon salt
- 1 cup old-fashioned rolled oats (DO NOT USE INSTANT)
- ¼ cup dried apricots
- ¼ cup raisins
- 3 tablespoons lightly packed brown sugar, divided
- ½ Golden Delicious or Granny Smith apple, peeled and cored
- 3 tablespoons chopped walnuts

Tips: If you don't have unsalted butter simply go a little light on the salt. You can substitute any dried fruits for the raisins and apricots.

Note: If you have any leftover simply refrigerate and reheat in the microwave.

Instructions:

1. In 2-quart microwaveable, oven proof casserole, heat milk and butter until milk steams, about 2 to 3 minutes.
2. Mix in salt and oats and set aside.
3. Chop apricots. Mix apricots, raisins and 1 tablespoon of sugar into oats. Shred apple into oats and mix.
4. Mix together remaining sugar and nuts, set aside.
5. Bake oats, uncovered for 15 minutes. Stir and top with sugar and nut mixture. Bake 15 minutes longer, or until oats are chewy.

To Serve:

- ◇ Divide among four bowls and serve immediately.