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## NIAGARA EATS: Porridge can be healthy on a winters day

By Justine Hays

Feb 26, 2019



As Goldilocks discovered, porridge can be just right on a winter's day.



A few nights ago, as I was telling my daughter the story of Goldilocks and the three bears, I realized that her “porridge” experience is quite different than mine was as a child. In my home, we often have oatmeal for breakfast. Whether it’s a plain instant packet, slow cooking from the night before, baked into squares, or overnight refrigerator oats, it’s a great choice for us because it’s inexpensive and fills us up with lots of energy to greet the day.

Growing up, I distinctly remember having porridge, which can be made from oats or any other grain, vegetable or legume, and given salt and pepper to season it. It was a savory dish. Now, we flavor it with frozen berries, sliced bananas, or peanut butter. Our oatmeal is usually on the sweeter side of

flavor.

Oatmeal is naturally a whole grain so it is a great choice, especially when paired with a protein food like nuts or eggs. Whole grains and high fiber foods are also nutritious tools for improving heart health. As we end February, which is American Heart Month, try to keep taking good care of your “ticker” all year by making heart healthy recipes, like this one from [www.foodhero.org](http://www.foodhero.org).

This recipe uses steel cut oats for a more dense and chewy texture. Using low sodium chicken broth adds flavor while being careful to not add too much salt. Shredded cheese adds yummy flavor, along with diced tomatoes and green onion. Feel free to mix it up by adding diced bell peppers, corn, black beans, or even topping it with a hard cooked or sunny side up egg!

Whether you choose savory oatmeal for breakfast or breakfast for dinner this is a great choice for your heart, taste buds, and belly! A ½ cup serving of savory oatmeal is about 110 calories, 3.5grams of fat, 5mg of cholesterol, 100mg of sodium, 2 grams of fiber, 2 grams of sugar, and 7grams of protein. I think Goldilocks would say it’s “Just right.”

Let us know what you think and email us at [eatsmartwny@gmail.com](mailto:eatsmartwny@gmail.com), tweet us at @EatSmartWNY, or post to us on Facebook (Eat Smart New York WNY) and share your experiences with heart healthy recipes! Check out [eatsmartwny.org](http://eatsmartwny.org) to find a nutrition education workshop near you.

## SAVORY OATMEAL

½ cup non-fat or 1 percent milk

1 ½ cups reduced-sodium chicken broth

½ cup steel cut oats

⅓ cup reduced-fat cheddar cheese, shredded

¼ cup green onion, diced

½ cup tomatoes, diced

Combine milk and broth in a medium saucepan over high heat. Heat until mixture starts to boil. Stir in oats and reduce heat to a simmer. Cook for 25 to 30 minutes, stirring occasionally, until liquid is absorbed. Oats should be tender and cooked through. Stir in cheese and green onion. Top with tomatoes. Refrigerate leftovers within two hours.

*Justine Hays is a lead nutritionist for Eat Smart NY Western Region, which is funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to [www.mybenefits.ny.gov](http://www.mybenefits.ny.gov) or contact 1-800-342-3009. This institution is an equal opportunity provider.*

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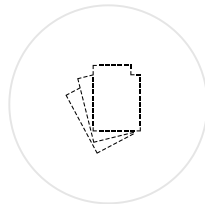


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