Three Pepper Oat Pilaf (from Quaker Oats Classic Recipes):

Makes 6 servings

Ingredients:
½ c chopped red pepper
½ c chopped yellow pepper
½ chopped mushrooms
½ c sliced green onions
2 garlic cloves- minced
1 tbsp olive oil
1 ¾ c uncooked Old Fashioned Quaker Oats
2 egg whites
¾ c low-fat chicken broth
2 tsp dried basil
½ tsp salt
¼ tsp black pepper

1. In a skillet cook peppers, mushrooms, green onions and garlic in oil
2. Cook until crisp yet tender- about 2 minutes
3. In a large bowl- mix oats and egg whites together
4. Add oat/egg white mixture to skillet
5. Cook until oats are dry and separated (about 5-6 minutes)
6. Add broth, basil, salt, pepper
7. Cook until liquid is absorbed
8. Serve and enjoy