



**Makes 3 cups**  
**Preparation Time: 10 minutes**  
**Cook Time: 15 minutes**

**INGREDIENTS:**

1 cup low-sodium vegetable broth

1 cup unsweetened plant milk, such as almond, soy, cashew, or rice

1 cup rolled oats

4 oz. fresh asparagus, cut into 1-inch pieces (1 cup)

½ cup frozen peas

1 tsp. chopped fresh dill

½ tsp. lemon zest

Sea salt, to taste

Optional garnishes: Snipped fresh chives; radish slices; lemon wedges; fresh dill; freshly ground black pepper

## Savory Oats with Asparagus and Peas

Start your morning on a nutritious note—or change up your lunch routine—with this veggie-ful savory oatmeal. The garnishes are optional, but you'll want to use them all—especially a lemon wedge to squeeze over the top.

By Nancy Macklin, RDN

- 1 In a medium saucepan bring vegetable broth and plant milk to boiling. Stir in oats, asparagus, and peas. Reduce heat. Simmer, uncovered, 5 minutes or until vegetables are tender, stirring occasionally. Remove from heat. Stir in dill and lemon zest. Cover and let stand 2 minutes. Season to taste with salt.
- 2 Spoon oats into bowls. Top with desired garnishes.