

## Caramelized Onions, Ricotta & Steel Cut Oats



Serves: 2



Cooking Time: 45 minutes



Level: Easy



### INGREDIENTS

#### *Steel cut oats*

1 cup steel cut oats (not quick cooking)  
4 cups water  
pinch of salt

#### *Caramelized Onions and Ricotta*

1 teaspoon extra-virgin olive oil  
1 small onion, thinly sliced  
Salt and freshly ground pepper, to taste  
1/2 teaspoon molasses  
1 cup cooked steel cut oats (see step 1)  
2 tablespoons fresh ricotta

### PREPARATION

1. To make the oats, bring water to a boil in a deep pot. Add oats and salt and cook until they begin to thicken. Reduce to a simmer, and continue cooking, uncovered, until grains are slightly tender, and water has mostly absorbed, about 15 to 20 minutes. Turn off heat, cover pot and let sit for 5 minutes before serving.
2. Heat olive oil in a skillet over medium-high heat. Add onions and season with salt and pepper. Sauté until they begin to soften and become golden, about 5 minutes. Stir in molasses, and a touch more olive oil if necessary. Cover skillet and reduce heat to medium-low. Cook, covered, until onions are very tender, about 10 more minutes.
3. Divide the cooked oatmeal among two bowls. Top with equal amounts of caramelized onions and fresh ricotta. Stir together with your spoon before digging in.