OATMEAL

**Stovetop:** For four servings, in a medium saucepan bring 3-1/4 cups water and 1/4 teaspoon salt to boiling. Stir in 2 cups rolled oats (old-fashioned). Reduce heat and simmer, uncovered, for 5 minutes, stirring occasionally. Remove the pan from the heat. If desired, cover and let stand for 2 minutes before serving. This allows the oats to absorb any remaining liquid. **Tip:** For creamier oatmeal, add the oats to the pan along with the water and salt. **Microwave:** For one serving, in a medium microwave-safe bowl combine 1 cup water, 1/2 cup rolled oats, and a dash of salt. Microwave on full power (high) for 2-1/2 to 3 minutes. Stir before serving.

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