

## SAVORY QUINOA BREAKFAST BOWLS **SERVES 4**

### **Q V GF DF**

Here's a little breakfast bowl that will definitely help you get through your day. Protein-packed quinoa and nutrient-rich spinach are topped with a soft-boiled egg with a slightly runny yolk. You can also add any leftover vegetables you have on hand (asparagus or roasted squash are both delicious choices).

<b>4 large eggs</b>	<b>4 ounces (1 small) Hass avocado, sliced</b>	<b>1 tablespoon chopped fresh chives</b>
<b>2/3 cup vegetable broth*</b>		
<b>1/3 cup quinoa, rinsed well</b>	<b>16 grape tomatoes, halved</b>	<b>1/4 teaspoon kosher salt</b>
<b>4 cups baby spinach</b>	<b>4 teaspoons olive oil</b>	<b>Freshly ground black pepper</b>

\*Read the label to be sure this product is gluten-free.

Bring a small pot of water to a boil. Add the eggs, cover, and remove the pan from the heat. Let stand for 10 minutes for slightly soft yolks. Drain and rinse the eggs under cold water. Peel the eggs and cut them in half lengthwise.

Meanwhile, in a second small pot, bring the broth to a boil over high heat. Reduce the heat to low, add the quinoa, cover, and cook on low until the liquid is absorbed, about 15 minutes. Fluff with a fork.

Place 1 cup of the spinach in the bottom of each of 4 serving bowls. Top each with 1/4 cup hot quinoa, 1 sliced egg, a quarter of the avocado, and a quarter of the tomatoes. Drizzle each with 1 teaspoon olive oil, sprinkle with chives, and season each with a pinch of salt and pepper to taste.

### ***food facts: quinoa***

This nutty-tasting and gluten-free ancient grain provides a healthy (and tasty!) dose of protein, fiber, and nutrients. Quinoa is also one of the only plant foods that is a complete protein, meaning it contains all nine essential amino acids.

**PER SERVING 1 bowl**

**CALORIES 236**

**FAT 14.5 g**

**SATURATED FAT 3 g**

**CHOLESTEROL 186 mg**

**CARBOHYDRATE 17 g**

**FIBER 4.5 g**

**PROTEIN 10 g**

**SUGARS 4 g**

**SODIUM 312 mg**

