

QUINOA POWER BREAKFAST BOWL



INGREDIENTS

Quinoa - 1 cup, uncooked

Garlic (sauteed) or garlic powder to taste (optional)

Onions, shallots, green onions - diced, raw, sauteed or roasted

Bell pepper - diced, green, red, orange, yellow or any combination of your choosing, raw, sauteed or roasted

Spinach, Kale or Salad Greens - 1 big handful, raw or sauteed

Cherry tomatoes - sliced in halves

Avocado - cubed or slice and add just before serving

Eggs - soft boiled, hard boiled, sunny side up, scrambled or fried (your preference)

Fruit - diced fresh berries or dried fruit i.e. raisins or cranberries

Squash - cubed or diced, zucchini, yellow squash, butternut squash

Mushrooms - sliced, sauteed or roasted

Brussel Sprouts - sauteed or roasted

Additional toppings: Chia seeds, hemp seeds, nuts, Everything Bagel Seasoning, hot sauce

INSTRUCTIONS

Quinoa: make the quinoa according to the package directions using either water or chicken bone broth or vegetable broth.

Saute or roast the veggies: To saute - heat olive oil in a medium saucepan over medium-high heat. Add the garlic and cook for 30 seconds then add the red pepper and cook for 1-2 minutes, until soft. To roast - use olive oil to lightly coat veggie, place on parchment covered baking sheet at 425 degrees for 25-30 minutes.

Mix the quinoa and veggies: Place cooked quinoa in bowl, add veggies and mix gently. Salt and pepper to taste.

Eggs: Cook eggs - soft boiled, hard boiled, sunny side up, scrambled, or fried.

Assemble: Add the quinoa mixture to a serving bowl. Add toppings (avocado, tomatoes, and eggs). Sprinkle with more salt, and any additional toppings of your choosing.

STORAGE INSTRUCTIONS

This recipe is perfect for meal prep. You can eat this recipe hot or cold. Make each component, except for eggs. When you're ready to eat, make the eggs, place on top. Slice the avocado, add to your bowl, and serve. Note of caution: you may prefer to mix some of the veggies into the quinoa bowl as you go rather than putting it all together ahead of time 1) because you may want to mix and match different flavor profiles or 2) some of the veggies may get soggy if mixed in ahead of time. Mostly a matter of personal preference. Alternatively, make everything from start to finish, except slicing the avocado, and store individual portion sizes in an airtight container in the fridge for up to 5 days. Top with sliced avocado before serving.



PRO TIP: SOFT-BOILED EGG

Bring a small or medium saucepan of water to a boil over medium-high heat.

Lower each egg into the boiling water one at a time using a slotting spoon.

Adjust the heat to maintain a gentle boil and immediately set the timer for **6 ½ minutes**, every second counts so pay close attention to the clock.

While they're simmering, fill a large glass bowl with water and ice. When the timer goes off, use a slotted spoon to transfer each egg to the ice bath and allow them to cool for 3-4 minutes, until they're cool enough to handle. Crack the eggs at the wider end, where the air bubble sits, and carefully slice them in half to serve. If you prefer your eggs **hard boiled eggs**, boil 7 minutes.