

Southwestern Breakfast Bowl

INGREDIENTS

- ¼ cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes, chopped
- 1 cup no-salt-added frozen corn, thawed
- ½ medium avocado, pitted and diced
- ¼ cup chopped green onions
- ½ cup chopped fresh cilantro (optional)
- Cooking spray
- 4 large eggs
- ⅛ teaspoon salt
- ¼ teaspoon pepper
- Red hot-pepper sauce to taste (optional)



DIRECTIONS

1. Cook the quinoa according to the package directions. Remove from the heat.
2. Spoon the quinoa into four bowls. Top each with tomatoes, corn, avocado, green onions and cilantro.
3. Lightly spray a large skillet with cooking spray.

Serves: 4 | Serving size: 1 bowl

Nutrition Information: Calories: 244; Total fat: 10g; Saturated fat: 2.5g; Cholesterol: 186mg; Sodium: 154mg; Total carbohydrate: 29g; Dietary fiber: 5g; Protein: 12g.

Crack the eggs into the skillet. Sprinkle salt and pepper over the eggs and cook, uncovered, over medium-high heat for 3 to 4 minutes, or until the egg whites are set but yolks are still runny. Carefully transfer one egg sunny side up into each bowl. Sprinkle with hot sauce.