

MAKE A GREAT PLATE.

Savory Quinoa Brunch Bowls

INGREDIENTS

- 1 cup quinoa
- 1 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- 1 bunch kale, spinach or Swiss chard leaves, shredded
- 1/8 tsp salt
- 1/4 cup jarred roasted red peppers, chopped
- 4 hard-boiled eggs, sliced
- 1/4 cup hummus

DIRECTIONS

Boil quinoa in 2 cups water for 15 minutes; fluff with fork. **Add** oil to large frying pan set over medium heat. **Add** garlic, kale and salt. **Stir-fry** about 3-4 minutes, until wilted. **To** each of 4 soup bowls, add quinoa, then top with kale, red pepper, egg and 1 tbsp of hummus. **Serve** warm.

Makes 4 Servings. Each: 375 calories • 18g protein • 14g total fat • 45g carb
6g sugar • 8g fiber • 314mg sodium • 2g saturated fat • 8g mono fat • 4g poly fat

