

Southwestern Vegetable Quinoa with Poached egg

- 1 cup of quinoa
- 2 cups of water
- 2 Tablespoons of olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 red pepper, diced
- 2 ears of corn, sliced off the cob
- 1/2 red onion, diced
- 2 tomatillo tomatoes, diced (seeds removed)
- 1/2 teaspoon smoked paprika
- 1 tablespoon of fresh lime juice
- 4 eggs poached
- 2 avocado, sliced
- fresh cilantro (garnish)



Preheat oven to 400

Spray baking sheet with oil. Place squash, zucchini, red pepper, red onion, tomatoes, corn, olive oil, salt and pepper in a large bowl. Toss to coat. Place on baking sheet Bake for 20 minutes. Remove and let cool.

Place quinoa and water in a medium saucepan, bring to a boil. Reduce to a simmer, cover and cook for 15 to 20 minutes until the water is gone. Fluff quinoa with a fork, add roasted veggies, paprika, lime juice Poach 4 eggs Serve egg on top of quinoa with avocado slices and cilantro.

Broccoli Cheddar Quinoa Bites

- 2 cups of cooked quinoa
- 1 cup of finely chopped broccoli, firmed packed
- 1 cup sharp cheddar cheese, grated
- 2 green onions sliced
- 2 large eggs lightly beaten
- 1/2 teaspoon garlic powder
- 2 tablespoon parmesan cheese
- 1/2 tsp salt
- 1/4 tsp black pepper



Preheat oven to 375

Lightly spray with olive oil. Add cooked quinoa, chopped broccoli, cheddar cheese and green onion to a large mixing bowl and toss until combined. Mix in eggs, garlic powder, parmesan cheese, salt and pepper until completely combined.

Scoop mixture onto prepared baking sheet using a small scoop or tablespoon. Compress mixture into the spoon or scoop as much as possible, but keep in mind it is not necessary for the mixture to cook in a spherical shape. The egg and cheese will bind the bites together after they are baked.