



QUINOA VEGGIE BOWL with EGG

INGREDIENTS:

- 2 c white quinoa, cooked *
- 4 eggs, over easy or over medium
- ¼ c fresh parsley, chopped
- 1/8 c raw carrots, diced
- ½ c chickpeas, cooked
- ½ c pine nuts, toasted
- ¼ c caramelized onions
- ¼ c raw zucchini, diced
- ¼ c raw radish, diced
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice
- 1 tbsp sumac
- 1 tsp sea salt
- 1 tsp ground black pepper
- Roasted red pepper walnut spread
- A handful of grapes tomatoes, halved (for garnish)
- 10 leaves of fresh mint, chiffonade (for garnish)



* Cook quinoa in ½ c low-sodium vegetable broth and ½ c coconut milk

PREPARATION:

- 1- Cook quinoa as directed. Toss with parsley and nuts in a large bowl.
- 2- Mix carrots, chickpeas, onions, zucchini, radish, sumac, salt, and pepper together in a separate bowl.
- 3- Pour the veggie mix on top of the quinoa mix and lightly toss all ingredients together.
- 4- Divide the mixture into 4 serving-sized bowls, top each one with an egg, a dollop of walnut spread, and a few tomatoes.
- 5- Sprinkle mint over each bowl, serve, and enjoy!

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