

# Southwestern Quinoa and Egg Breakfast Bowl



## Ingredients

- 1/4 cup raw quinoa
- 1/2 avocado, pitted and diced
- 2 medium tomatoes, chopped (about 2 cups)
- 1/4 cup chopped green onions
- 1 cup no-salt-added, frozen corn (thawed)
- 1/2 cup cilantro (optional)
- 4 eggs, large
- 1/8 teaspoon salt
- 1/4 teaspoon ground black pepper
- Hot sauce (optional)

## Directions

1. Cook quinoa according to the package directions. Remove from heat and let sit.
2. Prepare the remaining ingredients: pit and dice the avocado half; chop the tomatoes; rinse the canned corn; chop the scallions, and chop the cilantro.
3. Divide quinoa between 4 bowls. Arrange the avocado, tomatoes, corn, scallions, and (optional) cilantro between each bowl.
4. Meanwhile, coat a large nonstick skillet with cooking spray and warm over medium-high heat. Crack each egg into the skillet and season with salt and pepper. Cover with a lid and cook until egg whites are set but yolk is still runny, about 3-4 minutes.
5. Use a spatula to carefully transfer each sunny-side-up egg into each bowl. Garnish with hot sauce and serve.

**Nutrition Facts:** Serving Size: 1/4 of recipe; Calories: 210; Total Fat: 10g; Saturated Fat: 2.5g; Sodium: 140mg; Total Carbohydrate: 21g; Dietary Fiber: 5g; Added Sugars: 0g; Protein 10g; Vitamin D: 1mcg; Calcium: 45mg; Iron: 2mg; Potassium: 566mg