

SAVOURY QUINOA BREAKFAST



Time
30min



Servings
1 bowl

Calcium Recommended Daily Intake
8%

Calories

448

Calcium

107mg

Protein

17g

Vitamin D

41 IU

Ingredients

- 1 cup cooked quinoa (1/3 cup dry quinoa + 2/3 cup water)
- Drizzle of oil
- 1 Tbsp chopped onion
- ½ cup sliced mushrooms
- 1 cup fresh spinach
- ¼ cup cherry tomatoes, halved
- 3 SUNSWEET® prunes, diced
- Squeeze of lemon juice
- Pinch of garlic powder
- Pinch of salt

Optional Toppings, For Serving

- 1 egg, poached or fried
- ¼ avocado, sliced

Instructions

1. Cook quinoa according to package directions (or see instructions below).
2. Heat oil in a pan over medium heat. Add onion and mushrooms, seasoning to taste with salt. Cover and allow mushrooms to reduce for 3-5 minutes.
3. Once reduced, add spinach, cooked quinoa, and tomatoes and stir to combine. Cover and cook 3-4 minutes, until spinach wilts and everything is warmed through.
4. Add prunes, lemon juice, garlic powder, and salt and mix until integrated.
5. Serve savoury quinoa with a fried or poached egg, sliced avocado, or whatever you like!
6. Yields 1 breakfast quinoa bowl.

Tip to cook quinoa: Rinse quinoa in a fine mesh sieve with cold water. (Optional, but this can help remove any bitterness and make your quinoa taste nuttier.)

Add quinoa to a pot over medium-high heat and toast for 2 minutes, until fragrant. Stir regularly so it doesn't burn!

Add water, turn up the heat, and bring to a rolling boil. Reduce the heat, cover, and simmer until all liquid has evaporated (~15 minutes).

Let cooked quinoa stand for 5 minutes, then fluff with a fork and season to taste.



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<https://www.osteoporosis.foundation/patients/recipes>

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