Quinoa Egg Scramble
Serves 1

1 cup quinoa, cooked
2 eggs, scrambled/ fried/ hard boiled
2 cups baby spinach or kale
¼ - ½ salsa
¼ avocado
Salt & Pepper, Hot sauce to taste

Mash all ingredients together in a bowl or Tupperware container and enjoy!

To cook quinoa: Rinse grains with cold water. Combine quinoa and water** in a 1:2 ratio as necessary and bring to a rolling boil. Once boiling, reduce heat to simmer and cover. Cook for 15 minutes before removing from the heat. Fluff with a fork. Eat hot or cold. Quinoa can be stored in the refrigerator for up to 10 days.

**Cooking tip: for the best savory flavor, add 1 vegetable bouillon cube to the quinoa & water mixture over high heat.

Estimated nutrition analysis: 494 calories, 49 g carbohydrates, 24 g protein, 10 g fiber