Quinoa Bowl

Ingredients

1 can low-sodium black beans
1 cup quinoa
1 avocado
4 large eggs
2 ounces cotija cheese
1½ cups low-sodium chicken broth
1 tablespoon olive oil
salt and pepper (to taste)
¼ teaspoon chili powder
¼ teaspoon ground cumin
cilantro (optional)
favorite hot sauce (optional)

Directions

Add 1 cup of quinoa to a large saucepan. Toast the grains on low heat for one minute until fragrant.

Add chicken broth. Stir to combine. Bring to a simmer, then reduce heat and simmer uncovered for 15 minutes or until quinoa is tender.

In a large, nonstick frying pan, warm the black beans over medium high heat for two minutes.

Transfer the beans to the pot with quinoa. Add ground cumin and chili powder. Add salt and pepper to taste. Toss to combine.

Wipe the frying pan. Add the olive oil and heat. Crack the eggs into the pan and cook until the whites are set, about three minutes.

Equally divide quinoa and beans into bowls. Top each bowl with one egg, ¼ avocado, ½ ounce cotija cheese, cilantro (optional) and hot sauce (optional).

Nutritional Information

Calories ................... 393
Protein .................... 16 g
Total fat .................. 20 g
Saturated fat .......... 4 g
Carbohydrates ....... 42 g
Fiber ........................ 8 g
Sodium ................... 121 mg

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