



Ingredients

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