

Roasted Vegetable Quinoa Salad with Fried Egg

Servings: 4

Serving Size: 1.5 cups

Total Time: 60 minutes

Ingredients:

1 cup uncooked red quinoa

1 ½ red peppers, diced

1 medium onion, diced

2 cups mushrooms, diced

2 cups asparagus, cut into 1-inch sections

2 tablespoons olive oil

dried basil leaves, to taste

dried parsley, to taste

garlic powder, to taste

2 tablespoons pesto

salt and pepper, to taste

4 eggs

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Toss cut up red peppers, onion, mushrooms, and asparagus with 1 tablespoon olive oil and sprinkle dried basil, parsley, garlic powder, salt and pepper on top. Spread the vegetables in a single layer and roast for 25-30 minutes, until tender; stir once halfway through roasting.
3. Meanwhile, rinse quinoa using a fine mesh strainer. Place 1 cup of quinoa and 2 cups of water in a small saucepan and bring to a boil. Once boiling, reduce heat to low, cover and simmer for 15 minutes until quinoa is cooked and liquid has been absorbed.
4. Mix together the quinoa, roasted vegetables, and pesto in to a large bowl. Add more herbs and salt/pepper, to taste.
5. In a large nonstick skillet, heat the remaining 1 tablespoon of olive oil over moderately high heat. Add the eggs and cook until the whites are crisp and set and the yolks are runny, about 2 minutes.
6. To serve, scoop 1.5 cups of the quinoa mixture into a bowl and top with 1 fried egg.

Nutrition Information per Serving: 370 calories, 18g total fat, 3.5g saturated fat, 16g protein, 37.5g carbohydrate, 725mg sodium

