

## Avocado Quinoa Breakfast Bowl

Who says breakfast is boring? Delicious and healthy, make quinoa the base for your next morning meal! Cook the eggs and quinoa ahead, next morning just add your favorite protein & veggies. Make extra quinoa for an easy meal prep lunch or busy weeknight dinner. 2 ample servings.

### Simple Ingredients

- 1 ½ teaspoons Villa Graziella Organic extra virgin olive oil + extra for drizzling
- ¼ cup quinoa
- 2 fresh eggs, if possible organic
- 1 fresh avocado diced or sliced. Tomato or other on hand fresh veggies
- 2 tablespoons fresh feta cheese-Bulgarian, French, or Greek.
- ½ teaspoon sea salt
- ½ teaspoon fresh cracked black pepper

### Easy Directions

1. Cook quinoa according to package directions, cool and set aside.
2. Heat the olive oil in a frying pan or skillet over medium heat.
3. Cook eggs per your desired doneness-scramble, sunny side up and season with sea salt & fresh cracked pepper. Or boil eggs the night before, cool and refrigerate.
4. Add the quinoa to a cereal or serving bowl.
5. Add the eggs, if hard boiled, slice and add to the bowl.
6. Top the mixture with sliced or diced avocado.
7. Top the bowl with crumbled or sliced feta cheese.
8. Season to taste with salt & pepper.
9. Drizzle with olive oil.
10. Serve & enjoy!

### *Helpful Hints*

- Forage your fridge or garden for veggies; add thinly sliced carrots, peppers, or fennel for a tasty crunch. Cherry tomatoes, corn & kale are tasty additions.
- We use French feta for a creamy rich & savory flavor or any goat cheese we have on hand.
- Include a protein like roasted chicken or salmon for a meal prep lunch or weeknight dinner.
- Cover & refrigerate up to 3 days.
- Compost any remaining veggie ends & stalks or add to your next homemade broth.