



# Savory Breakfast Grain Bowl

Servings 1 | Prep time 5 mins. | Total time 20 mins.

**Equipment:** Medium bowl, Medium frying pan

**Utensils:** Mixing spoon, Measuring cups and spoons

## Ingredients

1/4 cup uncooked grain (grits, steel cut oats, quinoa, or barley)

2 tablespoons grated Parmesan cheese

1 pinch salt

1 pinch black pepper

*For Vegetable Topping:*

1 tablespoon olive oil OR vegetable oil, divided

1/4 cup green onion, chopped (optional)

1 garlic clove, minced OR 1 teaspoon garlic powder

4 ounces mushrooms, halved

3 cups fresh spinach

1 large egg

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Cook the grain according to package directions. Stir in the Parmesan cheese. Season with a pinch of salt and a pinch of black pepper.
3. In a medium frying pan, heat 1/2 tablespoon of oil and add green onion (if using) and cook until the green onions begin to soften, about 2 minutes. Add the garlic and mushrooms and continue cooking until browned, about 5 more minutes. Mix in the spinach and continue to cook until wilted, about 1 more minute. Spoon the vegetables over the cooked grain and set aside to keep warm.
4. In the same frying pan, heat the remaining oil and fry the egg until the whites are set. Serve over the grain bowl.

## Nutritional Information:

Calories 380

Total Fat 24g

Sodium 600mg

Total Carbs 24g

Protein 19g