



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