Kale Quinoa Breakfast Bowl

Serves 1

INGREDIENTS
1 tablespoon olive oil
1 cup (packed) clean and roughly chopped kale
1/2 cup cooked quinoa
1 garlic clove, minced
1/4 teaspoon crushed red pepper
6 cherry tomatoes, cut in half
2 green onions, thinly sliced
1 teaspoon red wine vinegar
2 tablespoons grated parmesan cheese
1 fried or poached egg

DIRECTIONS
1. Heat olive oil over medium-high heat in a medium sauté pan.
2. Add kale and season with a pinch of salt. Sauté for about one minute.
3. Add minced garlic and red pepper. Sauté for another 30 seconds.
4. Add cooked quinoa and sauté for one minute.
5. Add cherry tomatoes, green onion slices, and vinegar. Turn off heat. Toss to combine.
6. To serve, plate the kale mixture, garnish with parmesan cheese, and top with fried or poached egg.

NUTRITION INFORMATION PER SERVING
Calories: 405 Total Fat: 20 g, Saturated Fat: 6g, Cholesterol: 190mg,
Sodium: 404 mg ,Carbohydrate 28g, Fiber: 5g, Sugar: 4g, Added Sugar: 0g, Protein: 17g

SOURCE: http://goop.com/recipes/kale-quinoa-breakfast-bowl/