



RENEWAL  
Garden & Compost

CSA:

Kale  
Tomato  
Green Pepper  
Corn

# Breakfast Power Bowl



Omit Eggs to make vegan!

## SHOPPING LIST:

Eggs  
Shallot or red onion  
Quinoa  
Balsamic glaze/drizzle  
Extra Virgin Olive Oil

## RECIPE:

### Step 1: Cook Quinoa

Cook quinoa according to package. Keep covered until ready to use.

### Step 2: Sautee veggies

Sautee shallot, corn, & pepper in a medium pan for 4-5 min or until soft. Add kale & tomato and sautee for another 2-3 minutes. Season to taste.

### Step 3: Finish Quinoa

Add sautéed veggies to the quinoa. Cover again to keep warm.

### Step 4: Cook Eggs to your liking

Add oil to the pan used to cook the veggies & cook eggs.

### Step 5: Assemble

Put quinoa & veggies in a bowl. Top with eggs, EVOO, & balsamic.



### Helpful Tips:

*Add your favorite seasoning blends!*

*Replace Eggs with roasted chickpeas for an all-natural vegan protein!*

renewal.jaime@gmail.com