



Quinoa with Broccoli and Cauliflower Pesto

Servings

4

Calories

490

Prep Time

10 minutes

Total Time

30 minutes

Skill Level

Medium

Ingredients

- 1 (12 ounce) package Mann's Broccoli & Cauliflower
- 1/3 cup extra virgin olive oil
- 1/3 cup packed fresh parsley
- 3 tablespoon grated Parmesan cheese
- 3 tablespoon lemon juice
- 2 tablespoon walnut pieces
- 2 cloves garlic
- 1/4 teaspoon each salt and pepper
- 1 cup quinoa, cooked according to package directions
- 4 eggs, poached
- 1/3 cup crumbled feta cheese



The Method

In large pot of boiling salted water, cook broccoli and cauliflower for 3 to 4 minutes or until tender-crisp. Drain well; let cool slightly. Reserve half of the vegetables; set aside.

Pat remaining vegetables dry with paper towel or clean tea towel; transfer to food processor. Add oil, parsley, Parmesan, lemon juice, walnuts, garlic, salt and pepper; purée until smooth.

Toss quinoa with pesto and reserved vegetables. Divide among 4 serving bowls; top each with poached egg. Sprinkle feta cheese over top.



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Note: To poach eggs, fill saucepan with enough water to come 3 inches up side; bring to gentle simmer. Break cold egg into small dish or saucer; holding dish just above simmering water, gently slip egg into water. Repeat with remaining eggs; cook in barely simmering water for 3 to 5 minutes or until whites are set and yolks are cooked to desired doneness. Remove eggs with slotted spoon; drain well on paper towel.

Substitute pine nuts, almonds or pistachios for walnuts if desired.

Alternatively, top each serving with fried egg instead of poached egg.

Nutrition Facts

Serving Size: 225g | Servings: 4

Amount Per Serving

Calories 490 | Total Fat 31g (sat 6g trans 0g) | Cholesterol 175mg | Sodium 400mg | Total Carbohydrate 36g | Dietary Fiber 5g
Sugars 3g (Includes 0g Added Sugars) | Protein 17g | Vitamin D 6% | Iron 20% | Potassium 15%