

Quinoa with Broccoli and Cauliflower Pesto

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%