

HEARTY BREAKFAST BOWL

Who knew leftovers could be so good? This hearty breakfast bowl is the result of intentional leftovers of rice and eggs bound to satisfy your taste buds and keep you full for hours! Get creative with your toppings and enjoy your own version of a tasteful concoction for those hurried mornings!

Yields 1 bowl

Ingredients:

- 1/2 cup cooked brown rice or quinoa
- 1 Tablespoon olive oil
- 1/4 teaspoon finely grated lemon zest
- 1 Tablespoon lemon juice
- 1/8 teaspoon pepper (and salt if desired)
- 2 eggs



Directions:

Night before prep:

1. Cook rice/quinoa according to package directions. Stir in oil, lemon zest, lemon juice and salt and pepper. Pour into glass/plastic Tupperware and refrigerate overnight.
2. Prepare hard-boiled eggs and place in refrigerator overnight.

Morning prep:

1. Peel eggs and cut into small chunks. Add to bowl with cooked rice/quinoa. Heat in microwave on high for 1-2 minutes.
2. Add any of the following toppings (Make it pretty!):
 - a. Protein: crumbled bacon or turkey sausage
 - b. Veggies: mixed greens, sliced avocado, halved cherry tomatoes, chopped cucumber, green onions
 - c. Nuts/Seeds: pumpkin seeds, pine nuts, flaxseed, chia seeds (1 Tablespoon)
 - d. Cheese: feta or grated Parmesan
 - e. Herbs/Seasonings: Cinnamon, pumpkin spice, basil (as desired)

Nutrition Information: (varies depending on topping choices)