



Quinoa Breakfast Skillet

Equipment needed: stove top, sauté pan

Yield: 1 serving

Ingredients

1 cup	<i>#618222 White, Red & Black Quinoa Blend</i>
½ cup	<i>#618538 Farro</i>
1 oz	butter
2 oz	mushrooms, sliced
½ oz	red onion, small diced
½ oz	garlic, minced
2 oz	cherry tomatoes, halved
2	cooked bacon strips
4 oz	chicken stock
1	fried egg
4	avocado slices
1 oz	kale, ribs removed & rough chopped
1 tsp	salt
1 pinch	black pepper

Preparation

- 1) Melt butter over med-high heat
- 2) Add red onion, garlic, mushrooms, tomatoes and sauté for 1-2 minutes
- 3) Add quinoa and farro and sauté for 1 minute
- 4) Add chicken stock, salt, pepper and kale, toss to combine
- 5) Top breakfast skillet with bacon slices, fried egg and avocado