



Elliott Evans Nutrition, LLC
Prevent and Protect
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QUINOA WITH POACHED EGG, SPINACH, AND CUCUMBER WHOLELIVING.COM

- Heat 1 tablespoon olive oil in a skillet over medium heat. Add 1 sliced garlic clove and cook, about 1 minute.
- Add 5 ounces rinsed spinach and steam, covered, until wilted, about 1 minute. Season with coarse salt. Transfer to a plate.
- Rinse pan and fill with 2 inches of water; bring to a boil. Add 1 peeled and julienned carrot, and cook until tender - about 1 minute. Transfer to plate.
- Reduce heat to a simmer and poach 2 large eggs, 3-4 minutes.
- Divide 1½ cups cooked quinoa between 2 bowls. Top with egg, spinach, carrot, and ¼ thinly sliced cucumber.
- Whisk 1 teaspoon white-wine vinegar and 2 tablespoons olive oil; season with coarse salt.
- Drizzle over bowls. Sprinkle with red chili flakes and 1 teaspoon minced chives.