

Mushroom Spinach Egg Scramble on Quinoa



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Breakfast

Serves: 2

Items Needed: saucepan, medium-sized pot, wooden spoon, bowl, whisk, measuring spoons

Ingredients:

- 1 cup chopped or whole spinach leaves
- 1 cup cooked quinoa (1/2 uncooked quinoa)
- 1 cup fresh mushrooms
- 1 ¾ cup water
- ½ cup diced tomatoes (optional)
- ½ cup diced onions (optional)
- 4 large eggs
- 4 tbsp heavy whipping cream
- 1 tbsp minced garlic
- 1/2 tsp basil
- 2 tbsp chopped scallions
- salt and pepper to taste

Directions:

1. Add butter and minced garlic to small-medium pot over medium heat. Cook until fragrant, 2-3 minutes.
2. Rinse quinoa and then add to medium pot. Toast browned, 2-3 minutes. Add 1 ¾ cup water to quinoa, bring to a boil, then simmer on low heat until water is absorbed – 15min.
3. Whisk eggs and heavy cream in mixing bowl until even consistency is achieved. Season with salt and pepper to taste.
4. Melt 1 tbsp of butter in sauce pan over medium heat then pour in egg mixture.
5. Let eggs cook about halfway through, then add in mushrooms, spinach, scallion whites and optional ingredients if you wish (tomatoes, onions, cheese etc). Cook until eggs are fluffy and semi-firm. (Eggs get rubbery when cooked for too long or on high heat.)
6. Serve ½ cup portions of quinoa on plate and top with half of the egg scramble. Garnish with green onions and basil.

Nutrition Information (per ½ of recipe):

Calories: 396 cal Fat: 23 g Carbs: 29 g Protein: 20 g Fiber: 4.6 g Sodium: 183 mg

<https://wexnermedical.osu.edu/nutrition-services>