

Portobello Breakfast

INGREDIENTS

- 1 TBSP minced garlic
- 3 tsp avocado oil
- 1 portobello mushroom cap
- 1/2 white onion diced
- 1/2 medium tomato diced
- 1 cup cooked quinoa
- 1 chopped green onion stalk
- 2 cups chopped spinach
- 2 eggs
- Salt and pepper to taste
- Cilantro olive oil*

TO PREPARE CILANTRO OLIVE OIL:

1. In a food processor or blender, add 1/4 cup olive oil and 2 TBSP roughly chopped cilantro and blend. Add a squeeze of lemon or lime juice for extra flavor.
2. Store in the refrigerator for easy use on salads or with other recipes!



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INSTRUCTIONS

1. Mix the minced garlic and avocado oil together and spread an even layer on the bottom of the portobello cap. Cook in a medium saute pan until tender.
2. Saute half of the diced white onion and the tomato on medium heat in a pan with olive oil or avocado oil for 1-2 minutes or until the onions are translucent. Season with salt and pepper to taste.
3. Add in the cooked quinoa and green onion stalk to the pan and continue to saute for another 2-3 minutes or until all ingredients seem to be melding together. Set aside the mixture onto a plate.
4. Using the same pan, wilt 2 cups of spinach with the remaining diced onion. Use a splash of water to help the spinach wilt.
5. In a bowl, whisk together 2 eggs and season with pepper. Scramble the eggs to your desired consistency.
6. On a plate, place the quinoa mixture and top with the portobello cap, followed by the spinach mixture and scrambled eggs.
7. Drizzle with cilantro olive oil and enjoy!

