



Nutrition Facts

Serving Size 1 bowl

Amount Per Serving

Calories 660

% Daily Value

Total Fat 44g **68%**

Saturated Fat 12g **60%**

Cholesterol 210mg **70%**

Sodium 720mg **30%**

Total Carbohydrate 50g **17%**

Dietary Fiber 8g **32%**

Protein 21g **42%**

Vitamin A % Vitamin C %

Calcium % Iron %




Total Time
50 MIN.

Serving Size
1 BOWL

Difficulty
EASY

Yields
16

This gluten-free breakfast bowl with zippy kale and herb pesto is topped with a poached egg for a fresh and tasty vegetarian power bowl.

 **Tip**

- Substitute chives for dill.
- To poach eggs: Fill saucepan with enough water to come 3 inches (8 cm) up side of pan. Bring to gentle simmer. Stir in 1 tbsp (15 mL) vinegar. Break each egg into small dish. Holding dish just above simmering water, slip each egg into water. Cook, in barely simmering water, for 3 to 5 minutes or until the white is set and yolk is cooked to desired level of doneness. Remove with slotted spoon. Drain well on paper towel.

Serving Tips:

INGREDIENTS

WEIGHT

MEASURE

Campbell's Verve Tomato Roasted Red Pepper Bisque	1 pouch (8 cups/4 lb)	1 pouch (1.81 kg)
Quinoa	4 cups	1 L
Packed chopped kale leaves, stems removed	2 cups	500 mL
Olive oil	1 cup	250 mL
Packed baby spinach	1/4 cup	60 mL
Grated Parmesan cheese	1/4 cup	60 mL
Chopped fresh parsley	1/4 cup	60 mL
Chopped fresh basil	1/4 cup	60 mL
Minced garlic	2 1/2 tbsp	37 mL
Red wine vinegar	2 tbsp	30 mL
Finely chopped fresh dill	2 tbsp	30 mL
Lemon zest	4 tsp	20 mL
Each salt and pepper	1 1/2 tsp	7 mL
Red pepper flakes	1/4 tsp	1 mL
Eggs		
4 halved, pitted, peeled, ripe avocados (cut into 16 slices each)	2 cups	500 mL
Sprouts	4 cups	1 L
16 radishes, shaved	1 lb	500 g
Pumpkin seeds	1 cup	250 mL



INSTRUCTIONS

1. Quinoa: Bring soup to simmer. Stir in quinoa; reduce heat to low. Cover and cook for 20 to 25 minutes, stirring every 5 minutes, or until quinoa is tender and most of the liquid is absorbed. Let stand for 5 minutes and fluff with fork. Hold for service. (Makes 8 cups/2 L.)

2. Kale Pesto: In food processor, purée kale, olive oil, spinach, Parmesan, parsley, basil, garlic, vinegar, dill, lemon zest, salt, pepper and red pepper flakes until blended. (Makes 1 cup/250 mL.)

Serving: Poach eggs to order. Spoon 1/2 cup (125 mL) quinoa into serving bowl. Top with poached egg, 4 avocado slices, 1/4 cup (60 mL) sprouts, and 1 shaved radish. Drizzle with 1 tbsp (15 mL) kale pesto and 1 tbsp (15 mL) pumpkin seeds.