



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 % |

KALE PESTO & QUINOA BREAKFAST BOWL



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.

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 |



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:



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.