Red Quinoa with Spinach, Cherry Tomatoes, and Poached Eggs

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INGREDIENTS

- 1 cup red or white quinoa, rinsed
- 2 cups low-sodium vegetable broth
- 1 teaspoon kosher salt, plus more
- ½ red onion, thinly sliced
- 3 tablespoons balsamic vinegar
- 4 large eggs
- 1 bunch spinach, trimmed, leaves torn or coarsely chopped (about 6 cups)
- 1 pint pint cherry tomatoes, halved
- Freshly ground black pepper

Nutritional Information

Calories (kcal) 280 Fat (g) 7 Saturated Fat (g) 2 Cholesterol (mg) 215 Carbohydrates (g) 40 Dietary Fiber (g) 6 Total Sugars (g) 5 Protein (g) 14 Sodium (mg) 800

PREPARATION

View Step-by-Step Directions

1. Bring quinoa, broth, and 1 tsp. salt to a boil in a medium saucepan. Cover, reduce heat, and simmer until quinoa is tender, 8–10 minutes. Remove from heat and let sit 15 minutes; fluff with a fork.
2. Meanwhile, toss onion and vinegar in a small bowl; set aside.
3. Bring 2” water to a boil in a large saucepan; reduce heat so water is at a gentle simmer and add vinegar. Crack an egg into a small bowl, then gently slide egg into water. Repeat with remaining eggs, waiting until whites of eggs in water are opaque before adding the next egg (about 30 seconds apart). Poach until whites are set but yolks are still runny, about 3 minutes. Using a slotted spoon, transfer eggs to paper towels as they are done.
4. Toss quinoa with spinach, tomatoes, and reserved onion. Serve topped with eggs and seasoned with salt and pepper.