



SPRING BREAKFAST BOWL

SERVES: 1 Prep Time: 6 min. Cooking Time: 12 min.

CONTAINER EQUIVALENTS (per serving): 1 ½ 1 1 1 1

½ cup	cooked brown rice
¼ cup + 2 Tbsp.	water, <i>divided use</i>
10	medium asparagus spears, trimmed
1 tsp.	olive oil
1 dash	sea salt (or Himalayan salt), <i>divided use</i>
1 dash	ground black pepper, <i>divided use</i>
2	large eggs
¼	medium ripe avocado, sliced
¼ cup	peeled and thinly sliced watermelon radish
½	large grapefruit, cut into 4 wedges, peeled

1. Heat a large nonstick skillet over medium-high heat. Add rice and 2 Tbsp. water; cook, stirring constantly, for 3 minutes, until rice is warm. Transfer to serving bowl; set aside.
2. Wipe out skillet with a paper towel. Add *remaining ¼ cup* water and bring to a simmer over medium-high heat. Add asparagus, cover, and cook for 3 to 4 minutes, until tender-crisp.
3. Transfer asparagus to serving bowl, drizzle with olive oil, and sprinkle with 1 pinch salt and 1 pinch pepper.
4. Lightly coat the same skillet with cooking spray and place over medium heat. Add eggs; cook them however you prefer, for 3 to 5 minutes, or until done to your liking.
5. Arrange eggs on top of asparagus; sprinkle *remaining 1 pinch* salt and *remaining 1 pinch* pepper.
6. Top with avocado, radish, and grapefruit; serve immediately.

SPECIAL EQUIPMENT:

Nonstick cooking spray

NUTRITIONAL INFORMATION (per serving): Calories 426 Total Fat: 22 g Saturated Fat: 5 g Cholesterol: 373 mg Sodium: 338 mg Carbohydrates: 41 g Fiber: 8 g Sugars: 5 g Protein 20 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.