



Roasted Tomatoes with Eggs and Quinoa

Ingredients:

6 cherry tomatoes, halved

1 tsp olive oil

½ C cooked quinoa

1 tbsp grated parmesan cheese, divided

Pinch of sea salt

2 large eggs

1 tsp fresh chopped oregano

Pinch of ground black pepper

Instructions:

-Turn your broiler on to high. Place the tomatoes in an oven safe dish. Drizzle with olive oil.

-Broil for 5 minutes or until slightly charred.

-Toss the quinoa with ½ tbsp of the parmesan cheese and a pinch of sea salt. Place in a shallow bowl or on a plate.

-In a skillet, cook the eggs to your preference. I cooked mine sunny side up.

-Place the eggs over the quinoa and then spoon the tomatoes over top. Sprinkle with the remaining parmesan cheese, oregano and black pepper.