

Cain's Corner

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Nutrition Tips from USAPEEC's
Registered Dietician



quinoa, roasted veggies & egg

Before you consider turning your nose up at quinoa...try adding an egg! This is one of my go-to dishes - it's incredibly simple, filling, and delicious.

Several grocers now sell microwaveable bags of frozen quinoa (or brown rice) so that you can prepare this protein-rich "grain" (it's actually a seed) in a matter of minutes.

Sauté some veggies in olive oil and then add an egg - prepared by your preferred method - on top.

