

Brown Rice Breakfast Bowl

Servings: 1

Ingredients:

- ½ cup cooked brown rice
- ½ cup pico de gallo or salsa
- ¼ cup shredded reduced-fat cheese
- 1 egg

Preparation:

1. Whisk the egg with a fork and fry it up with cooking spray in a nonstick pan. I like to make it into one thin layer and then remove it to a plate and shred it.
2. Reheat the brown rice in the nonstick pan over medium-low heat.
3. Add the cheese and stir until it starts to melt.
4. Add in the pico de gallo and mix through.
5. Add in the shredded cooked egg.
6. Serve in a bowl and enjoy! Fills you up, plus it's vegetarian and gluten-free.

Source: Chef Karen