



Scrambled eggs with quinoa



Source: Alejandrina Mendoza. Recipe gathered with help from Magda Choque Vilca (Argentina)

Serves: **5**

Ingredients:

2 onions
1 pepper
 $\frac{2}{3}$ cup quinoa
250 g goat cheese
3 eggs
Turmeric or saffron
Chives

Preparation:

- Wash and boil the quinoa.
- Chop the onion and dice the pepper.
- Cook the onion and the pepper.
- Once cooked, add the saffron or turmeric and finally the eggs and cheese.
- Stir in the previously cooked and cooled quinoa.
- Serve with a sprinkling of chives. Accompany with toast, if desired.



Tip:

Green peppers are a good source of vitamin C .