



## **Za'atar Spiced Pecans and Quinoa Veggie Bowl**

Spiced pecans are combined with hearty quinoa and roasted grape tomatoes and then topped with a fried egg for a flavorful and vegetarian-friendly breakfast bowl.

### **INGREDIENTS**

2 cups cherry or grape tomatoes  
2 teaspoons olive oil or pecan oil  
1/8 teaspoon salt  
1 cup uncooked quinoa  
4 large eggs, poached or fried  
2 tablespoons parsley, minced, for serving

### **Spiced Pecans:**

2/3 cup raw pecan halves  
1 tablespoon olive oil or pecan oil  
1 to 2 tablespoons zaatar

### **Directions**

Preheat oven to 400 degrees Fahrenheit. Slice the tomatoes in half and place in a roasting pan. Toss with olive oil and salt. Roast until tomatoes are soft and starting to brown, 25 to 30 minutes.

Make the Spiced Pecans: Place pecans in a roasting pan or sheet tray and toss with olive oil. Roast for 10 minutes. Remove from oven and carefully toss with za'atar. Return to oven and roast for another 2 to 3 minutes, until the nuts are fragrant. Remove from oven and let cool. Rinse the quinoa and place in a pan with 2 cups water. Bring to a boil, reduce to a simmer, cover, and cook for 12 minutes or until most of the water has been absorbed. After 12 minutes, turn off heat and let quinoa sit for 5 minutes.

Assemble the bowls: divide quinoa into four bowls. Top with tomatoes, fried or poached egg, and pecans. Top with parsley and serve.