

**SMASHED AVOCADO ON SAUTEED GREENS AND QUINOA**

Here's another recipe from FMTV.  This is by far my favorite vegan Sunday breakfast especially if you use my Curried Quinoa recipe with this.   
**Ingredients:**

* 1 avocado, peeled, halved and pitted
* 1/4 red onion, finely diced
* Handful of cilantro (coriander)
* 1/8 tsp. cayenne pepper
* 1/2 lemon, juiced
* Sea salt to taste

**Greens:**

* 1 handful kale
* 1 handful spinach or chard
* 1 handful soft herbs (parsley, mint, basil, etc.)
* Coconut oil or butter for frying

**Serve with:**

* 1 cup cooked quinoa
* Optional: Poached free-range egg

**Method:**

* + 1. ​Heat a small amount of coconut oil or butter in the pan and toss in the greens.
    2. Sauté on a medium heat until soft.
    3. In a bowl, mix together the avocado, onion, cilantro, cayenne, lemon, and salt and pepper to taste.
    4. Toss the cooked quinoa in with the greens to heat slightly.

To serve, place the greens and quinoa mix on the plate and top with the smashed avocado.