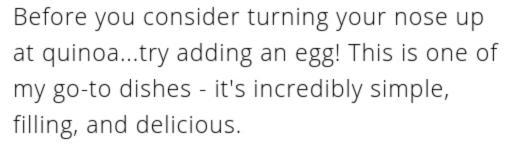
## Cain's Corner

MARY ALICE CAIN, M.S., R.D., L.D.

Nutrition Tips from USAPEEC's Registered Dietician



## quinoa, roasted veggies & egg



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.



