

Cheesy Chicken Breakfast Bowl

Start your day off right with this healthy American breakfast bowl featuring tender chicken, creamy cheese, and a hint of coffee for an unexpected twist. Packed with protein and flavor, it's the perfect way to fuel your morning.



Breakfast Dish

American

15 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 cup cooked chicken, shredded
- 1/2 cup low-fat cheese (cheddar or mozzarella)
- 1/4 cup cooked quinoa
- 1/2 cup spinach, chopped
- 1/4 cup cherry tomatoes, halved
- 1 tablespoon brewed coffee (cooled)
- Salt and pepper to taste
- 1 teaspoon olive oil
- 1 egg (optional)

Steps

- 1 In a skillet, heat olive oil over medium heat.
- 2 Add spinach and cherry tomatoes, sautéing until spinach wilts.
- 3 Stir in the shredded chicken, quinoa, and brewed coffee, mixing well.
- 4 Season with salt and pepper to taste.
- 5 If using, cook an egg to your liking (poached or scrambled) in a separate pan.
- 6 Once everything is heated through, transfer to a bowl and top with cheese.
- 7 Add the egg on top if desired.
- 8 Serve hot and enjoy your healthy breakfast!