# Strawberry Rhubarb Quinoa Porridge

6 servings

Strawberries are an excellent source of vitamin C and a good source of potassium. Store strawberries in the refrigerator, rinse under running water just before eating.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 ¼ c. water, divided</td>
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<tr>
<td>1 c. strawberries, chopped, fresh or frozen</td>
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<tr>
<td>½ tsp. ground cinnamon</td>
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<tr>
<td>¼ c. sugar</td>
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<tr>
<td>2 c. rhubarb, chopped, fresh or frozen</td>
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<tr>
<td>1/3 c. quinoa or whole grain hot cereal of choice</td>
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<tr>
<td>1 tsp. vanilla</td>
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<tr>
<td>1 T. corn starch</td>
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1. In a medium saucepan, combine 2 cups water, rhubarb, strawberries, quinoa, and cinnamon. Bring to a boil over high heat, then reduce heat to maintain a simmer. Cover and cook about 25 minutes or until the quinoa is tender.
2. Stir in sugar and vanilla.
3. In a small bowl, whisk cornstarch with the remaining ¼ cup water. Stir into the quinoa mixture, return to a simmer and cook, stirring constantly, for 1 minute.
4. Serve warm, or refrigerate until cool.
5. Top with vanilla yogurt, if desired.

- Make Ahead Tip: Prepare porridge (Steps 1-2), cover and refrigerate for up to 2 days. Add topping (Step 3) just before serving.

**Nutrition Information per Serving:**
- Calories 118
- Total Fat 1 g
- Saturated Fat 0 g (0% DV)
- Cholesterol 2 mg (1% DV)
- Sodium 55 mg (2% DV)
- Total Carbohydrate 23 g (7% DV)
- Dietary Fiber 2 g (8% DV)
- Sugars 11 g
- Protein 4 g
- Vitamin D 2%
- Potassium 5%
- Calcium 9%
- Iron 5%

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