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.

2 ¼ cups water, divided
2 cups rhubarb (fresh or frozen), scrub fresh rhubarb with clean vegetable brush under running water, chopped
1 cup strawberries (fresh or frozen), gently rub fresh strawberries under cold running water, chopped
1/3 cup quinoa or whole grain hot cereal of choice
½ teaspoon ground cinnamon
¼ cup sugar
1 teaspoon vanilla
1 Tablespoon cornstarch
Vanilla yogurt (optional)

1. Wash hands with soap and water.
2. 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.
3. Stir in sugar and vanilla.
4. 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.
5. Serve warm, or refrigerate until cool.
6. 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: (1/6 of recipe) Calories 90, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 23g, Dietary Fiber 2g, Sugars 11g, Protein 2g, Vitamin D 0%, Potassium 4%, Calcium 4%, Iron 6%.