

## 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 1/4 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
- 1/2 teaspoon ground cinnamon
- 1/4 cup sugar
- 1 teaspoon vanilla
- 1 Tablespoon corn starch
- 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 1/4 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 118, Total Fat 1g, Saturated Fat 0g, Cholesterol 2mg, Sodium 55mg, Total Carbohydrate 23g, Dietary Fiber 2g, Sugars 11g, Protein 4g, Vitamin D 2%, Potassium 5%, Calcium 9%, Iron 5%.