

Strawberry Rhubarb Quinoa Porridge



EXTENSION

Health & Wellbeing

Nebraska Seasonal Produce Guide

6 Servings



Ingredients

- 2¼ cups water, divided
- 2 cups rhubarb (fresh or frozen), scrub fresh rhubarb with a clean vegetable brush under running water, chopped
- 1 cup strawberries (fresh or frozen), gently rub fresh strawberries under cold running water, chopped
- ⅓ cup uncooked quinoa or whole grain hot cereal of choice
- ½ teaspoon ground cinnamon
- ¼ cup sugar
- 1 teaspoon vanilla
- 1 Tablespoon cornstarch
- Vanilla yogurt (optional)

Instructions

1. Wash hands with soap and water.
2. In a medium saucepan, combine 2 cups of water, rhubarb, strawberries, quinoa, and cinnamon. Bring to a boil over high heat, then reduce the 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 of 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.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/6 of recipe): Calories 90, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrates 23g, Fiber 2g, Total Sugars 11g, includes 8g Added Sugars, Protein 2g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 4%



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