

Strawberries and Cream Quinoa

Quinoa gets a sweet twist in this dish that's perfect for breakfast, brunch or even dessert.

Makes 4 servings

Active Time: 30 minutes

Total Time: 40 minutes

Course: Breakfast

Ingredients

- 3/4 cup of quinoa
- 1 3/4 cups of strawberries, quartered, plus 1/4 cup sliced, divided
- 2 tablespoons of sugar
- 1/8 teaspoon of ground cardamom or ground cinnamon
- Dash of salt
- 1/4 cup of nonfat half-and-half
- 1/2 teaspoon of vanilla extract



Directions

1. Rinse quinoa. Prepare quinoa according to package directions; drain well and keep warm
2. Meanwhile in a large saucepan, combine 1 3/4 cups quartered strawberries, sugar, cardamom (or cinnamon) and salt. Heats over medium-low heat just until berries are warm. Stir in half-and- half; heat through. Stir in the reserved quinoa and vanilla.
3. Divide quinoa mixture evenly among serving bowls. Top evenly with the 1/4 cup sliced strawberries.

Nutrition information

Per serving: 175 calories; 34 g carbohydrates; 2 g fat (0 g sat, 1 g mono); 5 g protein; 1 mg cholesterol; 4 g dietary fiber; 322 mg potassium; 54 mg sodium.

Nutrition bonus: 42 mg Vitamin C, 76 mcg Folate, 41 mg Calcium, 1 mg Iron, 19 IU Vitamin A

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