

OAT AND QUINOA PORRIDGE

Yield: 4 Servings



TOTAL TIME: 25 minutes

INGREDIENTS

- ½ cup dried fruit like cranberries, blueberries, chopped dates, or raisins
- ½ cup steel-cut oats (also called groats)
- ½ cup quinoa, well rinsed
- ¼ cup chopped walnuts or almonds
- ½ tsp. kosher salt
- ½ tsp. ground cinnamon
- ¼ tsp. ground cardamom
- 4 cups water

OPTIONAL TOPPINGS

Brown sugar, low fat milk, chopped walnuts, extra cinnamon, chopped apple, Greek yogurt

PREPARATION

1. In a medium saucepan, bring all ingredients to a boil over medium heat. Reduce heat slightly and simmer, stirring occasionally, until grains are tender, about 25 min.
2. Serve hot, topped with brown sugar, chopped nuts or apples, extra cinnamon, yogurt or warm milk.

Tip: Customize this recipe with any of your favorite dried fruits, nuts and spices. Or, add one chopped apple into the simmering grains about 7 min. before they are finished.

NUTRITION

Per serving: Calories: 240; Fat: 7 g (0.5 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 39 g; Protein: 7 g; Fiber: 5 g; Sodium: 310 mg.