Strawberry-Rhubarb Quinoa Pudding

Ingredients

- 2 1/4 cups water, divided
- 1 1/2 cups chopped rhubarb, fresh or frozen
- 1 cup chopped strawberries, fresh or frozen, plus more for garnish
- 1/3 cup quinoa
- 1/2 tsp ground cinnamon
- 1/8 tsp salt
- 1/4 cup honey (1/4 cup plus 1 Tbsp, divided)
- 1/2 tsp freshly grated lemon zest
- 1 Tbsp cornstarch
- 1 cup nonfat plain Greek yogurt
- 1 tsp vanilla extract

Instructions

Instructions: Combine 2 cups water in a medium saucepan with rhubarb, strawberries, quinoa, cinnamon and salt. Bring to a boil over high heat, then reduce heat to simmer. Cover and cook until the quinoa is tender, about 25 minutes. Stir in 1/4 cup honey and lemon zest. Whisk cornstarch with the remaining 1/4 cup water in a small bowl. Stir into the quinoa mixture, return to a simmer and cook, stirring constantly, for 1 minute. Remove from heat. Divide the pudding among 6 bowls. Refrigerate until cool, about 1 hour. Just before serving, combine yogurt, vanilla and the remaining 1 tablespoon honey in a small bowl. Top each serving with a generous dollop of the vanilla yogurt and fresh strawberries, if desired.

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Nutrition Information Per Serving

- Serving Size: 2/3 cup
- Serves 6
- Calories: 120
- Fat: 1 gm
- Sodium: 43 mg
- Fiber: 2 gm
- Carbohydrates: 32 gm
- Protein: 5 gm
- Sugars: 8 gm