



Cherry Cinnamon Quinoa

6 Servings • 1 Serving = ¾ Cup

INGREDIENTS

- 2 cups low-fat milk or non-dairy alternative, unsweetened
- ½ teaspoon ground cinnamon
- 1 Tablespoon honey
- 3 cups cooked, quinoa
- 1 cup fresh cherries, pitted or frozen cherries, thawed
- ¼ cup walnuts or sliced almond, toasted
- Optional: 2 dried apricots, thinly sliced

DIRECTIONS

1. Combine the milk, ground cinnamon, and honey in a small stock pot. Bring to a boil, stirring to dissolve the honey. Add the cooked quinoa and turn heat down to a simmer for 5 minutes.
2. If using fresh cherries, rinse, dry, pit and halve them. If using frozen cherries, thaw them by running them under cool water. Set aside.
3. Once quinoa mixture is cooked, separate into four bowls, top with cherries, nuts, and apricots.

Nutrition Facts

6 servings per container
Serving size ¾ cup

Amount per serving
Calories 200

% Daily Value*

Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 3g Added Sugars	6%

Protein 6g

Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 2mg	10%
Potassium 305mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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