

Sweet Breakfast Quinoa

Serves 4

Ingredients

- 1 cup red quinoa, rinsed (any variety ok)
- 2 cups water
- 1 tablespoon oil (canola or coconut oil)
- 1/4 cup slivered almonds or nut of choice
- 1/2 cup dried fruit of choice or frozen blueberries, thawed
- 3 tablespoons pure maple syrup
- 1/2 teaspoon finely grated orange zest
- 1/2 teaspoon cinnamon
- 1/4 cup fresh ricotta

Preparation

1. In a small saucepan, cover the quinoa with the water and bring to a boil. Cover and cook over low heat until the water has been absorbed and the quinoa is tender, about 15 minutes. Lightly fluff the quinoa with a fork and cover it again.
2. In a medium skillet, heat the oil. Add the almonds and cook over moderate heat, stirring a few times, until golden brown, about 2 minutes. Add the fruit, maple syrup, orange zest and cinnamon and stir well until heated through.
3. Add the quinoa to the skillet and stir gently to incorporate the almonds and apricots. Top each portion of quinoa with a tablespoon of ricotta and serve.

Make Ahead: The recipe can be made through Step 1 and refrigerated for up to 5 days. Reheat as needed or serve cold.

Recipe source: Adapted from Foodandwine.com