

APPLE QUINOA BOWL WITH CINNAMON RICOTTA

Nutrition Information | Total time: 15 minutes | Yield: 4 servings (serving size about 1 ¾ cups)

Amount Per Serving: Calories: 357 | Total fat: 15g | Sodium: 304mg | Carbohydrates: 44g | Fiber: 5g | Sugar: 12g | Protein: 15g

Ingredients:

2 teaspoons unsalted butter
2 medium Granny Smith apples, chopped
¼ teaspoon kosher salt
2 teaspoons honey
1 cup part-skim ricotta cheese (or low/non-fat Greek yogurt)
¼ teaspoon ground cinnamon
2 2/3 cups quinoa (prepared per package instructions)
¼ cup chopped toasted hazelnuts

Directions:

1. Heat butter in a large nonstick skillet over medium-high.
2. Add apples and salt; cook, stirring occasionally, until apples begin to soften, 8 to 10 minutes.
3. Add honey, and cook, stirring constantly, until apples are tender, 1 to 2 more minutes.
4. Remove skillet from heat.
5. Stir together ricotta and cinnamon in a small bowl.
6. Divide quinoa evenly among 4 bowls. Top each serving with ¼ cup ricotta mixture and ½ cup apples. Top evenly with hazelnuts.

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