



FOR YOUTH DEVELOPMENT®
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CINNAMON QUINOA WITH PEACHES

INGREDIENTS

Cooking spray

2 1/2 cups water

1 cup uncooked quinoa (rinsed, drained)

1/2 tsp ground cinnamon

1 1/2 cups fat-free half-and-half

1/4 cup sugar

1 1/2 tsp vanilla extract

2 cups frozen peach slices thawed
(sliced or diced)

1/4 cup PLUS 2 Tbsp chopped pecans
(dry roasted, coarsely chopped)



Serving size: 1/2 cup quinoa, 1/4 cup
peaches, 1/4 cup half-and-half, and 1
Tbsp pecans

DIRECTIONS

1. In a 3- to 4 1/2 quart round or oval slow cooker, lightly spray the slow cooker with cooking spray. Pour in the water. Stir in the quinoa and cinnamon. Cook, covered, on low for 2 hours or on high for 1 hour, or until the water is absorbed and the quinoa is tender.
2. Just before the quinoa is ready, in a small bowl, stir together the half-and-half, sugar, and vanilla extract until the sugar has dissolved.
3. Spoon the quinoa into the bowls. Top with the peaches. Pour in the half-and-half mixture. Sprinkle with the pecans.

NUTRITIONAL INFORMATION | Calories: 254; Total Fat: 7g; Saturated Fat: 0.5g; Polyunsaturated Fat: 2.5g; Monounsaturated Fat: 3.5g; Sodium: 65mg; Total Carbohydrate: 42g; Dietary Fiber: 4g; Sugars: 17g; Protein: 10g | Recipe makes 6 Servings