

Healthy Recipe of the Month

May



Quinoa- Pear Breakfast Bake

ACTIVE TIME:

15 Minutes

TOTAL TIME:

70 Minutes

SERVINGS:

2

**INGREDIENTS:**

- 1 cup water
- 1/4 cup quinoa, rinsed
- 1/4 cup mashed peeled ripe pear
- 1 tablespoon honey
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- Dash ground ginger
- Dash ground nutmeg

TOPPING:

- 1/4 cup sliced almonds
- 1 tablespoon brown sugar
- 1 tablespoon butter, softened
- Plain Greek yogurt, optional

DIRECTIONS:

- Preheat oven to 350°. In a small bowl, combine the first 8 ingredients; transfer to a greased 3-cup baking dish. Cover and bake for 50 minutes. In another small bowl, combine almonds, brown sugar and butter; sprinkle over quinoa mixture
- Bake, uncovered, until lightly browned, 5-10 minutes longer. Let stand 10 minutes before serving. If desired, serve with yogurt.

NUTRITIONAL INFORMATION:

1 serving: 267 calories, 13g fat (4g saturated fat), 15mg cholesterol, 49mg sodium, 35g carbohydrate (18g sugars, 4g fiber), 6g protein. **Diabetic Exchanges:** 2-1/2 fat, 2 starch.

<https://www.tasteofhome.com/recipes/quinoa-pear-breakfast-bake/>