

## **Breakfast Quinoa**

*Serves 4*

1 cup quinoa

2 cups milk

1/4 t. salt

1 teaspoon brown sugar

2 Tablespoons dried cranberries

¼ cup chopped roasted and salted pistachios

### **Directions:**

1. Add the quinoa to a dry skillet over medium high heat. Saute until the grain is toasted, approximately 7 minutes. (You will hear a popping sound and it will smell like toasted popcorn)
2. In a small sauce pan, bring milk to a simmer. Add the toasted quinoa, salt, brown sugar and cranberries. Cover and reduce heat to a simmer. Cook for 10 – 15 minutes, until the liquid is absorbed.
3. Fluff the contents with a fork, stir in pistachios and any additional milk if needed.