Apple Quinoa Bowl with Cinnamon Ricotta

2 teaspoons butter

2 Granny Smith apples, chopped

1/4 teaspoon salt

2 teaspoons honey

1 cup ricotta

1/4 teaspoon cinnamon

2 2/3 cups quinoa, prepared

1/4 cup chopped hazelnuts, toasted

Heat butter in skillet. Add apples and salt and cook until softened. (8-10 minutes)

Add honey and cook 2 minutes longer. Remove skillet from heat.

Stir together ricotta and cinnamon.

Divide quinoa among 4 bowls.

Top each serving with 1/4 c. ricotta.

Top with 1/2 c. apples.

Sprinkle with hazelnuts and enjoy.