

Pineapple-Cashew-Quinoa Stir Fry –

Quinoa:

- 1 cup quinoa - well rinsed and drained
- 1 cup pineapple juice
- 1 cup cold water
- 1/4 tsp soy sauce

Stir Fry:

- 4 oz cashews, raw and unsalted
- 3 T peanut oil
- 2 scallions thinly sliced
- 2 garlic cloves, minced
- 1 chili pepper, sliced into thin rounds
- 1 red bell pepper, seeded and diced
- 1 c frozen green peas or cooked edamame
- 1/2 c fresh basil sliced into shreds
- 2 T mint, chopped finely
- 2 c. chunks fresh pineapple
- 3 T soy sauce
- 3 T vegetable stock
- 1 T mirin
- Lime wedges for garnish

Prepare quinoa first: Combine ingredients in medium size pot.

Cover, place over high heat, bring to a boil. Stir then cover and reduce heat. Cook 12-14 minutes until liquid is absorbed. Uncover, fluff and let cool. (Can be cooled day before - cover tightly.)

Prepare stir fry -

- Use a large nonstick skillet or wok. Have all ingredients chopped and ready.
- Place cashews in dry pan. Heat over low heat, stir until toasted. 4-5 minutes Remove from pan. Raise heat to medium. Add oil, scallions and garlic.
- Add chili pepper and ginger. Stir fry 2 minutes.
- Add red pepper and peas (edamame). Stir fry 4 minutes.
- Add basil and mint. About 1 minute later add pineapple and quinoa.

In measuring cup combine soy sauce, stock and mirin.

- Pour over mixture in pan. Stir well.
- Continue to stir fry 10-14 minutes until quinoa is very hot.

Serve with lime wedges and soy sauce.