

Market District Demo Recipes

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Edamame and Pineapple Stir Fry with Quinoa

Serves: 4

Modified from: www.EpicureanVegan.com

Items Needed: small saucepan, skillet, wooden spoons, cutting board, knife, measuring spoons, measuring cups, large bowl

Ingredients:

- ½ cup quinoa, uncooked and rinsed
- 5 ounces cashews (~1 cup)
- 1 Tablespoon extra-virgin olive oil
- 1 cup bell peppers, yellow, diced
- 1 cup fresh pineapple, cut into chunks
- 1 cup scallions, chopped
- 1 Tablespoon fresh ginger, chopped (or ¼ teaspoon dried ginger)
- 3 cloves garlic, minced
- 1 cup edamame beans
- ½ teaspoon black pepper
- ½ teaspoon Kosher salt
- 3 Tablespoons fresh mint, chopped
- 3 Tablespoons fresh basil, chopped
- 1 lime, cut into wedges

Directions:

1. Place rinsed quinoa in a small pot and add 1 cup of water. Bring to a boil, then cover and reduce heat to a simmer. Cook for 15 to 20 minutes, or until water is absorbed.
2. While quinoa cooks, heat a large nonstick skillet over low heat. Put the cashews in the dry pan and toast them, stirring often, about 4 to 5 minutes. When they are lightly and evenly browned, remove them from the skillet and set them aside.
3. Turn the heat up to medium and add the oil to the skillet. When oil is hot, add scallions and garlic and cook for 4 to 5 minutes. Add the ginger. Cook for about 2 minutes, stirring frequently. Add the bell pepper and edamame, and cook stirring frequently, for another 5 to 7 minutes,

until the bell pepper is softened. Season with ½ teaspoon each of salt and pepper. Stir in basil and mint.

4. Add the pineapple and quinoa, stirring to combine thoroughly.

Nutrition Information (per 1 cup serving):

Calories: 387 Fat: 5 g Carbs: 39 g Protein: 14 g Fiber: 6 g Sodium: 300 mg