

[Quinoa, pineapple, cashew stir-fry](#)

This recipe came about based on some random ingredients available and limited time to prepare. Enjoy

INGREDIENTS:

- 2 cups cooked quinoa
- 1/2 cup chopped onion
- 1 cups chopped pineapple (fresh or frozen)
- 1 cup chopped carrots
- 3 garlic gloves minced
- 1/2 cup raw cashews
- 2 big handfuls of chopped kale or greens of your choice
- 1/4 cup soy sauce
- Juice from 1 orange
- Ginger to taste
- Crushed Red pepper to taste



What to do:

1. In a non-stick pan add onion and carrots and saute over medium heat for about 3-5 minutes (adding in a bit of water to prevent sticking if needed)
2. Add pineapple, garlic, cashews, and kale- saute 5 more minutes
3. Add quinoa, soy sauce, OJ, ginger and crushed pepper - Stir and Enjoy!

Done in 15 minutes flat!!!!

<http://www.plantbasedmovement.com/recipes-by-the-plant-based-girl.html>

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