

# Snapped Up: Pineapple Stir-fry with Rice



**Lunch. Dinner.** This is a go-to recipe for transforming half-dead veggies (from the back of the fridge) into a multi-helping meal. A small can of pineapple and cashews is what adds the yum factor to the dish.



## Rice Tips:

Brown rice is more nutritious than white rice that has been stripped of its skin, but it cooks faster and if it gets the kids to eat more veggies, then use it.

## Cooking Brown Jasmine Rice:

1 cup dry = about 2.5 cups cooked

**Stove top:** 1 cup dry to 2 cups water. Cook for 45 minutes.

**Pressure Cooker:** 1 cup dry to 1 cup water. Cook for 23 minutes. The steam stays inside the pot so you need less water.

**PREP** 10 minutes, **COOK** 10 Minutes **TOTAL TIME** 20 minutes with pre-cooked rice.

## APPROXIMATE INGREDIENTS

### BASE:

**1 (8-oz) can Pineapple chunks** *drained & juice reserved*

**½ cup Cashews**

**Mixture of cut up Vegetables** (whatever is left in the fridge) carrots, celery, red onions, mushrooms, green pepper, cabbage... One full board can feed 2-3 people. (See picture LEFT)

**2 small cloves garlic** *minced (≈2 teaspoons) or 1 teaspoon garlic powder*

**4 scallions to top off the dish**

**Rice** – cooked fresh, or warm up pre-cooked rice.

### SAUCE:

**2 tablespoons** low-sodium soy sauce (*or tamari*)

**1 tablespoon** fresh lime juice

**1 ½ teaspoons** cane sugar

**1 teaspoon fresh ginger** *grated (TIP) keep ginger root in the freezer until you need it and it will last for months. Peel the skin off using spoon. Or use ground ginger. Stir-fry is very forgiving.*

**¼ teaspoon** crushed red pepper flakes

**¼ teaspoon** freshly ground black pepper

**1 ½ teaspoons** arrowroot powder (*or cornstarch*)

### TOOLS USED:

Big frying pan. Small bowl for mixing up the sauce.

### SCRATCH COOK DIRECTIONS:

**1. Start the Rice** In a pot with 1 cup rice to 2 cups water to get 2.5 cups of cooked rice. (40-45 minutes) If you need more water, add more hot water until done. Too much water? strain off excess just like you do with spaghetti. Or Make it ahead of time and warm it up when you need it.

**2. Pre-Chop up all the veggies until the chopping board is full.** Go for equal portions of whatever you have on hand. No need to measure. Cooking becomes easy and fun when everything is ready to go.

**3. Mix all sauce ingredients in a bowl to add later.**

**4. Haul out a big frying pan or pot and start cooking.** If you don't have oil, don't worry, just use a tablespoon of water to keep things from sticking.

Add the vegetables that need to cook the longest first: **Carrots, onions, mushrooms, celery...**

After 3-4 minutes, add softer ingredients -- **peppers, cabbage, pineapple.**

After 2 more minutes **add the Sauce** to thicken and coat the veggies.

**5. Take off the heat and add a handful of raw cashews.** Don't cook the cashews or they made loose their crunch.

**Serve with cooked rice with fresh green scallions (onions) on top.**

*Good for one. Great for Many.*

# 1 Serving Pineapple Stir-fry with Rice provides:

General			
Energy	621.8	kcal	84%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	458.9	g	17%

Carbohydrates			
Carbs	76.3	g	93%
Fiber	10.4	g	50%
Starch	43.5	g	No Target
Sugars	22.7	g	No Target
Sugar Alcohol	0.8	g	No Target
Net Carbs	65.1	g	107%

Lipids			
Fat	30.2	g	112%
Monounsaturated	15.8	g	No Target
Polyunsaturated	5.7	g	No Target
Omega-3	0.1	g	5%
Omega-6	5.7	g	51%
Saturated	5.4	g	n/a
Trans-Fats	0.0	g	0.002 g
Cholesterol	1.7	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	20.7	g	34%
Cystine	0.4	g	60%
Histidine	0.5	g	51%
Isoleucine	0.8	g	63%
Leucine	1.5	g	51%
Lysine	1.0	g	38%
Methionine	0.4	g	56%
Phenylalanine	1.0	g	86%
Threonine	0.9	g	61%
Tryptophan	0.3	g	83%
Tyrosine	0.6	g	50%
Valine	1.2	g	69%

Vitamins			
B1 (Thiamine)	0.8	mg	69%
B2 (Riboflavin)	0.5	mg	42%
B3 (Niacin)	6.8	mg	48%
B5 (Pantothenic Acid)	2.1	mg	43%
B6 (Pyridoxine)	0.9	mg	61%
B12 (Cobalamin)	0.0	µg	1%
Biotin	0.0	µg	0%
Folate	95.7	µg	24%
Vitamin A	13757.9	IU	590%
Vitamin C	78.1	mg	104%
Vitamin D	2.4	IU	0%
Vitamin E	1.7	mg	11%
Beta Tocopherol	0.1	mg	No Target
Delta Tocopherol	0.2	mg	No Target
Gamma Tocopherol	3.5	mg	No Target
Vitamin K	137.9	µg	153%

Minerals			
Calcium	145.4	mg	18%
Copper	1.9	mg	211%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	6.5	mg	82%
Magnesium	299.6	mg	94%
Manganese	4.1	mg	226%
Molybdenum	0.0	µg	0%
Phosphorus	630.8	mg	90%
Potassium	1463.3	mg	31%
Selenium	24.1	µg	44%
Sodium	1280.2	mg	98%
Zinc	5.5	mg	69%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity.

Percentages are based on what a 150 pound person needs daily.