

Broccoli Cashew Stir Fry

A delicious stir fry recipe for your meatless Monday meal. Take this recipe to the next level by roasting your own cashews. Enjoy!

xoxo,

Kristin

- Thinly slice onion.
- In a large skillet over med-high heat, sauté onion for 8-10 minutes. (I use water/broth for no-oil sauté method.)
- Meanwhile, mince garlic, grate ginger (peeled if desired), and cut broccoli into florets.
- When onion is translucent, add garlic, ginger, and broccoli. Stir.
- Add 1/4 cup water (or vegetable broth), cover, and let broccoli steam for 5 minutes, stirring occasionally. (Important: keep an eye on it and add more water/broth as needed to keep the pan from drying out.)
- Add cashews and tamari. (Start with 2 Tbsp. tamari and add more as desired.)
- Stir well and heat another 2-3 minutes or until broccoli is desired tenderness.
- Serve sprinkled with sesame seeds over a warm bed of rice or quinoa.

Notes

The recipe is cashew-heavy, but you could easily cut them back and give it a try with other variations/additions: mushrooms, zucchini, snow peas, bok choy, carrots, bell pepper, tofu, green onions, etc.

Recipe from: [The Garden Grazer.com](http://TheGardenGrazer.com)