

Yummy Pesach Stir-Fry

(contains no matzah derivatives!)

Ingredients:

1. Lots of vegetables
 - Fresh vegetables taste better but frozen is okay.
 - Use as many different colors as possible – it looks nicer, tastes better, and is healthier.
 - Garlic (use whole cloves - they get mild as they cook. Use a lot!)
 - carrots (sliced thinly)
 - bell peppers (red, yellow, orange, green, etc.)
 - mushrooms (sliced thickly)
 - zucchini or other squash, sliced
 - broccoli – not just the florets – peel and cut up the stems too.
 - cauliflower – pry the florets off the stem and cut them up
 - brussels sprouts (use small ones, or cut them up)
 - an apple, unpeeled and cut into chunks
 - kohlrabi
 - anything else that looks good
2. Olive oil (or canola oil, if you must)
3. Seasonings: It can be hard to find Kosher for Pesach packaged seasonings besides oregano, so try to find fresh herbs like basil, thyme, or whatever smells good. Pepper is good, too, but if you use a lot of garlic and herbs, you won't need salt.
4. Quinoa – it's kosher for Pesach!

Directions:

First start the quinoa. Put 1 cup quinoa, 2 ¼ c. water, ½ t. salt, and 1 T olive oil or butter in a pot. When it starts to boil, turn the heat way down and cover. It should be ready in about 15 minutes. You can double, triple, quadruple etc the recipe, and it freezes well.

Then make the stir-fry. The frying pan method gives you a real stir-fry; the oven method roasts the vegetables but it's a lot easier.

You can re-heat everything in the microwave, and you can freeze leftovers indefinitely.

Stir-fry frying pan method:

1. Put a few tablespoons of oil in a large frying pan or a wok.
2. Cook a few kinds of vegetables at a time so the pan isn't too full. The harder ones, like carrots and Brussels sprouts, will take longer.
3. When they're soft, take them out with a slotted spoon and put them in a bowl or baking pan.
4. Keep adding more vegetables to the pan, cooking each until they're soft and then moving them to the bowl or pan. (This is a matter of taste – decide if you like them softer or crunchier.)
5. When you run out of vegetables, add seasonings. Then serve over quinoa. You can sprinkle parmesan, feta, or any kind of cheese on top – depending on what's available for Pesach.

Easy oven method:

1. Preheat oven to 400°
2. Line a large baking pan with foil. Add enough oil to cover bottom of pan.
3. Add all the vegetables and cook for about 15 minutes.
4. Then add oil if it seems dry, and cook for about another ½ hour. Stir occasionally.
5. Eat it when it smells delicious, or you're so hungry you can't wait any more. Timing is not important (except for the quinoa.)