



Makes 4 bowls
Preparation Time: 35 minutes

INGREDIENTS:

¼ cup + 2 tablespoons raw cashews

3 tablespoons brown rice vinegar

1 tablespoon + 1 teaspoon reduced-sodium soy sauce

1 to 2 teaspoons [Chile-Garlic Sauce](#) or sriracha sauce

1 teaspoon pure cane sugar

½ teaspoon grated fresh ginger

Pinch sea salt

2 medium yellow summer squash and/or zucchini (8 oz.), halved lengthwise

8 1-inch wedges peeled fresh pineapple

2 4-inch portobello mushroom caps, stems and gills removed

1 bell pepper (any color), halved and seeded

4 cups hot cooked brown rice

2 cups hot cooked shelled edamame

Fresh parsley leaves

Grilled Pineapple Veggie Bowl with Spicy Cashew Crema

The caramelized tang of grilled [pineapple](#) infuses every mouthful of this smoky summer grain bowl with tropical flavor. While the veggies and pineapple are on the grill, brush them with brown rice vinegar and soy sauce to add umami goodness. Portobello mushrooms, red bell pepper, and [summer squash](#) work well here, but feel free to use up what you have. The cashew crema is hot, hot, hot, thanks to a splash of our spicy [Chile-Garlic Sauce](#) (or other hot sauce); if you don't like spicy food, feel free to dial it back or even leave it out. Serve with brown rice and edamame and garnish with fresh cilantro and chopped cashews. This sensational grain bowl makes a hearty main dish, but you could also toss it together in a big bowl and serve family-style as a salad. , Either way, it's a great recipe for using up veggies lurking in the back of the fridge!

Tips

Gloves: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

Grilling: For small pieces, use a grill topper or basket to keep them from falling through the grate. To cook inside, use a grill pan or skillet.

For more inspiration, check out these tasty ideas:

- [Grilled Tofu Kabobs with Rhubarb-Balsamic Glaze and Quinoa Pilaf](#)
- [Farro Pilaf with Veggies and Blackened Melon](#)
- [Grilled Summer Squash with Seasoned Bread Crumbs](#)
- [Vegan Mixed Grill Platter](#)

By Ellen Boeke

- 1 To make cashew sauce, in a small saucepan combine the ¼ cup raw cashews and 1 cup water. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Let cool slightly. Place the cashews and ½ cup of the hot water in a small blender. Add 1 tablespoon of the vinegar, 1 teaspoon of the soy sauce, the sugar, ginger, and salt. Cover and blend 2 minutes or until smooth. Return sauce to saucepan. Bring to a simmer and cook 1 minute or until just slightly thickened. Remove from heat.
- 2 In a small bowl combine the remaining 2 tablespoons vinegar and 1 tablespoon soy sauce. Grill squash, pineapple, mushroom caps, and bell pepper, covered, over medium heat 10 minutes or until tender, brushing with vinegar mixture and turning occasionally. Cut up grilled vegetables and pineapple.
- 3 Serve grilled vegetables and pineapple in bowls with brown rice and edamame. Drizzle with cashew sauce and top with remaining chopped cashews and parsley leaves.