

CASHEW CHICKEN WITH GINGER

Preparation: 15 min.. | Cooking: 15 min. | Servings: 6

INGREDIENTS

4 green onions, sliced
3–4 cups brown rice (cooked)
1 small green pepper, cut into strips
1 can (8 ounces) sliced water chestnuts, drained
1 1/2 pounds boneless, skinless chicken breasts, cut into 1-inch pieces
1/2 pound sliced, fresh mushrooms
1 1/4 cups chicken broth
3/4 cup salted cashews
3 tbsp. canola oil, divided
2 tbsp. cornstarch
2 tbsp. soy sauce
1 tbsp. brown sugar



INSTRUCTIONS

Mix cornstarch, brown sugar, chicken broth and soy sauce until smooth. In a large skillet, heat 2 tablespoons oil over medium-high heat; stir-fry chicken until no longer pink. Remove from pan. In same pan, heat remaining oil over medium-high heat; stir-fry mushrooms, pepper, water chestnuts and ginger until pepper is crisp-tender, 3-5 minutes. Stir broth mixture, and add to pan with green onions; bring to a boil. Cook and stir until sauce is thickened, 1-2 minutes. Stir in chicken and cashews; heat through. Serve with your cooked brown rice.