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Cashew Chicken

Work: 30 min **Total:** 1 hr

You can whip up this takeout favorite with just a little bit of prep. Serve with steamed rice.

- 4 (1³/₄ lbs total) boneless, skinless chicken breasts, thinly sliced
- 3 tbsp dry sherry
- 2 tsp grated fresh ginger
- 2 cloves garlic, sliced
- 4¹/₂ tsp cornstarch
- ³/₄ cup low-sodium chicken broth
- 2 tbsp low-sodium soy sauce
- 3 tbsp hoisin sauce
- 1 tbsp rice vinegar
- 2 tsp light brown sugar
- 2 tsp canola oil
- ¹/₂ cup unsalted toasted cashews
- 2 scallions, thinly sliced
- ¹/₄ tsp red-pepper flakes

- 1.** In a bowl combine chicken, sherry, ginger, garlic and 2 tsp cornstarch. Chill 30 min. In another bowl combine broth, soy sauce, hoisin, vinegar, sugar and 2¹/₂ tsp cornstarch; set aside.
- 2.** Sauté 1 tsp oil and half the chicken in a large nonstick skillet over medium-high heat until cooked through, about 5 min; transfer to a plate. Repeat with remaining chicken and oil.
- 3.** Return chicken to skillet. Stir in broth mixture and bring to a simmer; cook until sauce thickens, about 1 min. Add cashews and serve with scallions and red-pepper flakes. **SERVES 4**

Per serving: 418 calories, 13.5 g total fat, 2.5 g sat fat, 630 mg sodium, 19 g carbs, 115 mg chol, 51 g protein, 1 g fiber