

Cashew Chicken Stir-Fry

Yield: 4 servings.

Ingredients

- 2 cups chicken broth, divided
- 1/4 cup cornstarch
- 3 tablespoons soy sauce
- 1/2 teaspoon ground ginger
- 1 pound boneless skinless chicken breasts, cut into 1/2-inch strips
- 2 garlic cloves, minced
- 1/2 cup thinly sliced carrots
- 1/2 cup sliced celery (1/2-inch pieces)
- 3 cups broccoli florets
- 1 cup fresh or frozen snow peas
- 1-1/2 cups cashews
- Hot cooked rice, optional

Directions

1. In a skillet, heat 3 tablespoons of broth.
2. Meanwhile, combine the cornstarch, soy sauce, ginger and remaining broth until smooth; set aside.
3. Add chicken to the skillet; stir-fry over medium heat until no longer pink, about 3-5 minutes.
4. Remove and keep warm.
5. Add garlic, carrots and celery; stir-fry for 3 minutes.
6. Add broccoli and peas; stir-fry for 4-5 minutes or until crisp-tender.
7. Stir broth mixture; add to the skillet with the chicken. Cook and stir for 2 minutes.
8. Stir in cashews.
9. Serve over rice if desired.