

Cashew Chicken with Ginger



Ingredients

2 tablespoons cornstarch	1 small green pepper, cut into strips
1 tablespoon brown sugar	1 can (8 ounces) sliced water chestnuts, drained
1-1/4 cups chicken broth	1-1/2 teaspoons grated fresh gingerroot
2 tablespoons soy sauce	4 green onions, sliced
3 tablespoons avocado/grape seed oil, divided	3/4 cup salted cashews
1-1/2 pounds boneless skinless chicken breasts, cut into 1-inch pieces	Cooked brown rice or cauliflower rice
1/2 pound sliced fresh mushrooms	

Directions

1. Mix first four ingredients well and set aside.
2. In a large skillet, heat 2 tablespoons oil over medium-high heat; stir-fry chicken until cooked well. Remove from pan.
3. 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.
4. Stir in broth mixture and add to pan with green onions; bring to a boil. Cook and stir until sauce is thickened, 1-2 minutes.
5. Stir in chicken and cashews; heat through.
6. Serve with Brown rice or cauliflower rice or as is.

Note: Add any additional vegetables of your choice to add more fiber and color.

Nutritional Information

Calories	175
Total Fat.....	11g
Saturated Fat	2g
Cholesterol	8mg
Total Carbohydrate....	13g
Dietary Fiber	1g
Sugar	3g
Protein	8g
Sodium	157mg
Potassium	278mg
Serving Size	1 cup

Adjusted from: <https://www.tasteofhome.com>