



Eat Well

Cashew Chicken

Directions

In 1 quart bowl, sprinkle chicken with cornstarch, tossing to coat. Add sherry and soy sauce and stir to combine. Marinate for 15 minutes.

In 10 inch nonstick skillet or Chinese wok, heat $\frac{1}{2}$ Tbsp oil over medium high heat. Using a slotted spoon, transfer chicken cubes to skillet, letting marinade drip back into bowl. Cook chicken, stirring quickly and frequently until browned. Remove from skillet and set aside.

In same skillet, heat remaining oil. Add onion and cashews and stir-fry until onion is translucent. Add pepper, mushrooms and garlic; stir-fry one minute. Return chicken to skillet; add water chestnuts, reserved liquid, hoisin sauce and reserved marinade. Stir until combined.

Cover and cook until chicken is cooked through and sauce thickens. Sprinkled with green onions to serve.

Ingredients

- » 1 chicken breast, about 6 oz
- » 1 Tbsp cornstarch
- » 1 Tbsp dry cooking sherry
- » $\frac{1}{2}$ Tbsp reduced-sodium soy sauce
- » 1 Tbsp peanut oil, divided
- » $\frac{1}{2}$ cup chopped onions
- » 1 oz dry-roasted cashews
- » 1 red bell pepper, cut into strips
- » 1 cup sliced mushrooms
- » 1 clove garlic, minced
- » $\frac{1}{2}$ cup sliced water chestnuts, liquid reserved
- » $\frac{1}{2}$ Tbsp Hoisin sauce
- » 1 green onion

Nutrition information per serving:

Calories 362, Total Fat 15 grams, Saturated Fat 3 grams, Sodium 317 mg, Total Carbohydrate 28 grams, Fiber 4 grams, Protein 25 grams.

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