

Cashew Chicken Stir-Fry

By Dorothy Zehnder

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

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

Note from Dorothy – This is such an easy recipe to put together which has a great visual appearance. Appealing to both the eye and of course the stomach.