

Cashew Chicken by Lynn's Recipes



Lynn demonstrates how to make delicious Cashew Chicken. This is a great dish served over brown or white rice. From Jennifer McDow, my daughter.

Ingredients:

- 3 chicken breasts, boneless, skinless, cut into bite-sized pieces
- 1 egg white, slightly beaten
- ½ red pepper, diced, - you can also use green, if desired
- 1 clove garlic, minced
- 4 green onions, sliced thinly
- 1 can cashews, (about 12 ounces) -- I used roasted, unsalted
- 4 -- 5 Tablespoons vegetable oil
- Sliced mushrooms, optional

Sauce:

- ¼ cup, plus 2 Tablespoons soy sauce -- I used low sodium
- 1 teaspoon sugar
- 1 Tablespoon, plus 1 teaspoon cornstarch
- 1 cup chicken broth

Stir chicken into egg whites to coat, set aside. Heat oil in wok or large skillet and add onion, red pepper, garlic and mushrooms. Sauté until soft and remove from pan. Stir fry chicken until done, but not brown. Drain off drippings, if needed. Add vegetables back to pan with chicken. Mix all ingredients to make the sauce and pour over chicken. Simmer 1 hour. Serve on rice and top with cashews.

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