

## Cashew Chicken Stir Fry

Serves 4

2 cups cooked brown rice  
2 TBSP toasted sesame oil  
1 onion, sliced  
2 cloves garlic, minced  
1 inch piece of ginger, peeled and grated  
4 oz mushrooms, sliced or quartered  
1 crown broccoli, cut into florets  
½ cup water chestnuts, drained and sliced  
2 cups mixed green vegetables (snap peas, asparagus, green beans)  
2 TBSP sesame oil  
3 ribs celery, sliced  
1 lb boneless, skinless chicken breasts, thinly sliced  
2 TBSP cornstarch  
1 cup vegetable stock  
¼ cup soy sauce or tamari  
1 cup toasted, unsalted cashews, roughly chopped

In a large skillet or wok, over high heat, add 2 teaspoons sesame oil. Cook onion until it just starts to soften. If your pan is large, push these items to the outside edge of the pan. If not, cook these and remaining vegetables in batches, set them aside and combine at the end.

Add mushrooms and cook until liquid has evaporated.

Add 2 teaspoons sesame oil. Add broccoli and cook until bright green and just tender.

Add green vegetables and cook until tender-crisp.

Add celery and cook until tender-crisp.

Add 2 teaspoons sesame oil. Cook chicken until cooked through.

Add ginger and garlic and cook for 1 minute.

Mix cornstarch with 4 TBSP water in a small bowl.

Add broth to pan. Stir in cornstarch slurry. Stir in soy sauce. Cook gently until sauce thickens.

Add vegetables back to pan. When well combined, remove from heat and serve over cooked brown rice. Garnish with cashews.

**Nutrition Information per Serving** Calories 666.4; Fat 28.1 g; Saturated Fat 5.6 g; Sodium 704.6 mg; Fiber 6.7 g; Sugars 9.7 g; Added Sugars 0 g; Protein 50.2 g