

# CASHEW CHICKEN STIR FRY *with Brown Rice*



## INGREDIENTS

6 1/4 oz	Scallions (chopped)	3/4 cup	Vegetable oil
3/4 cup	Dry roasted cashews (unsalted)	2 lb	Red bell pepper (cut into strips)
5 3/4 oz	Light soy sauce	2 lb	Broccoli (chopped)
1/4 cup	Sugar	3 Tbs	Garlic cloves (minced)
1/4 cup	Rice vinegar	8 1/2 Tbs	Ginger (fresh, minced)
3/4 cup	Toasted sesame oil	4 3/4 qt	Brown rice
2 Tbs	Corn starch		
6 lb	Boneless/skinless chicken breast (diced)		

## INSTRUCTIONS

1. Prepare brown rice according to package. Set aside and keep warm for serving.
2. Heat a pan with sesame and vegetable oils on medium-high heat. Add chicken and sauté until internal temperature reaches 165°F.
3. Add the vegetables (not including scallions) and stir fry until tender. Add rice vinegar and soy sauce.
4. In a small bowl, mix cornstarch with 4 Tbs cold water to create slurry. Add to chicken and vegetables.
5. For each individual portion, spoon vegetables over chicken and garnish with scallions. Serve with 3/4 cup brown rice.

## NUTRITION

Calories:	440
Sodium:	310 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	6%



*Number of Servings: 25 (330 g per serving)*

*Recipe courtesy of Spring Harbor Hospital*