

# HONEY CASHEW CHICKEN

## MAINS



### INGREDIENTS

1 cup brown rice  
2 (6-ounce) skinless, boneless chicken breast halves  
2 tablespoons cornstarch  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
1 tablespoon canola oil  
1 tablespoon dark sesame oil  
2 cups broccoli florets  
1 cup frozen shelled edamame, thawed  
2 garlic cloves, minced  
1 medium yellow onion, finely chopped  
1 red bell pepper, sliced  
1/2 cup dry-roasted cashews, unsalted  
1 tablespoon rice vinegar  
3 tablespoons honey  
2 tablespoons lower-sodium soy sauce  
1 tablespoon Sriracha (hot chile sauce, such as Huy Fong)

### DIRECTIONS

1. In a medium saucepan, bring 2 cups water to a boil. Stir in rice; reduce heat, cover and simmer 45-50 minutes. Remove from heat; let stand covered for 5 minutes or until water is absorbed.
2. Cut chicken into 1-inch cubes. Combine chicken, cornstarch, salt and pepper in a bowl; toss to coat.
3. Heat a large skillet over medium-high heat. Add canola and sesame oils and when oil is hot, add chicken mixture. Sauté for 4 minutes or until lightly browned. Increase heat to high, and add broccoli, edamame, garlic, onion and red bell pepper.
4. Cook 5 minutes or until vegetables are crisp and tender and chicken is done, stirring frequently. Stir in cashews.
5. While vegetables are cooking, combine vinegar and remaining ingredients in a small bowl; stir with a whisk. Add vinegar mixture to chicken mixture; toss to coat. Serve with rice.

**Yield:**  
4 servings

**Total Cost:**  
\$7.59

**Cost per Serving:**  
\$1.90

**Variations/Tips:** Include your favorite veggies: asparagus, mushrooms, carrots, different colored peppers etc. Don't overcrowd your pan so the vegetables cook evenly. Use shrimp or cubed pork tenderloin in place of chicken. Add bamboo shoots, water chestnuts and/or pineapple chunks.

**Source:** MyRecipes.com

**Nutritional Info (per serving):** 470 calories; 17.6g total fat (2.7g saturated fat); 50.9g carbohydrates; 4.5g fiber; 638mg sodium; 29.1g protein