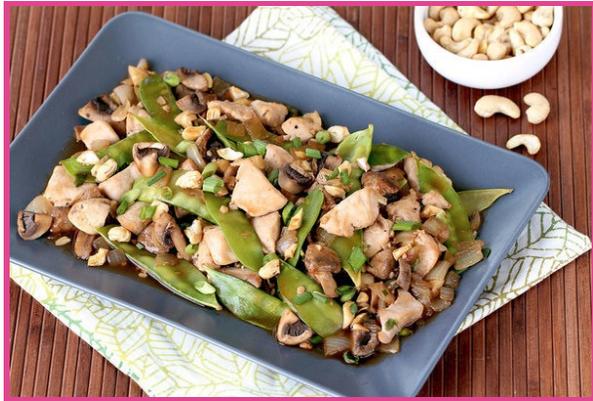




Sheet-Pan Cashew Chicken



1/2 of recipe (about 1 1/2 cups): 309 calories, 9.5g total fat (1.5g sat fat), 867mg sodium, 23.5g carbs, 3.5g fiber, 10g sugars, 33g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 15 minutes **Cook:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)

Ingredients

2 cups quartered mushrooms
1 cup chopped onion
1 cup snow peas
8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
1 tbsp. reduced-sodium/lite soy sauce
1/4 tsp. garlic powder
1/8 tsp. each salt and black pepper
1 oz. (about 1/4 cup) unsalted roasted cashews, roughly chopped
1/4 cup chopped scallions
1/2 cup chicken broth
1 tbsp. seasoned rice vinegar
1 1/2 tsp. cornstarch
1 tsp. chopped garlic
1/4 tsp. ground ginger

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Place veggies and chicken in a large bowl. Add 1/2 tbsp. soy sauce, as well as garlic powder, salt, and pepper. Toss to coat. Evenly transfer mixture to the baking sheet. Bake for 10 minutes.

Flip/rearrange chicken and veggies, and sprinkle with cashews and scallions. Bake until chicken is cooked through and veggies have softened and lightly browned, about 5 minutes.

Meanwhile, make the sauce. In a medium microwave-safe bowl, combine remaining 1/2 tbsp. soy sauce with broth, vinegar, cornstarch, garlic, and ginger. Mix well.

Microwave sauce for 1 minute. Stir, and microwave for 45 seconds, or until mixture is hot and has thickened. Serve veggies and chicken drizzled with sauce.

MAKES 2 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.