



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

Freestyle™ [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.)

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