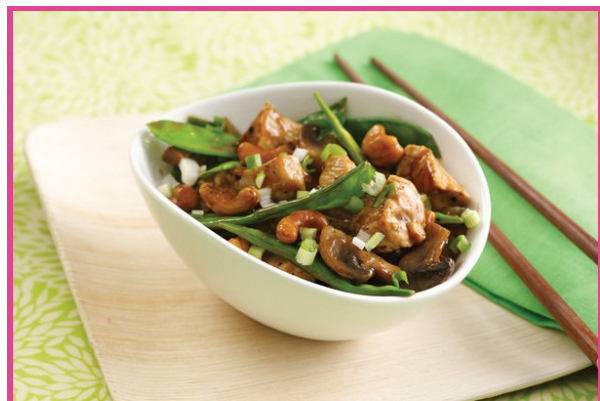




Veggie-Loaded Cashew Chicken



1/2 of recipe (about 1 1/2 cups): 318 calories, 9.5g total fat (1.5g sat. fat), 863mg sodium, 25g carbs, 3g fiber, 10g sugars, 33.5g protein

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

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Ingredients

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

Directions

In a medium bowl, stir cornstarch into broth until dissolved. Mix in soy sauce, vinegar, and ginger.

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, and garlic. Cook and stir until slightly softened, 5 - 6 minutes.

Season chicken with salt and pepper and add to the wok. Add snow peas and cashews. Cook and stir for about 4 minutes, until chicken is fully cooked.

Stir sauce mixture and add to the wok. Cook and stir until sauce has slightly thickened, about 2 minutes.

Top with scallions.

MAKES 2 SERVINGS

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