

Cashew Chicken



2 Tablespoons less sodium soy sauce
1/2 Tablespoon rice vinegar
1 Tablespoon white cooking wine
1 Tablespoon packed brown sugar
1 Tablespoon chopped ginger
1 clove garlic, minced

1 Tablespoon cornstarch
1 Tablespoon toasted sesame oil
4 skinless, boneless chicken breasts, cubed
1/4 teaspoon crushed red pepper
1/2 cup unsalted cashews
cooked rice or noodles for serving

Instructions: In a small bowl, whisk together soy sauce, rice vinegar, wine, brown sugar, ginger, garlic and cornstarch; set aside. Heat oil in a non-stick skillet over high heat and add the chicken and red pepper. Cook, stirring occasionally until chicken reaches 165°F as measured by a food thermometer. Add prepared sauce and cashews; heat until sauce begins to boil. Lower to medium-low heat and cook until sauce thickens. Serve over rice or noodles.

Yield: 6 servings

Nutrition Facts (per serving without rice): 240 calories, 11 grams fat, 260 milligrams sodium, 8 grams carbohydrate, 0 grams fiber, 28 grams protein