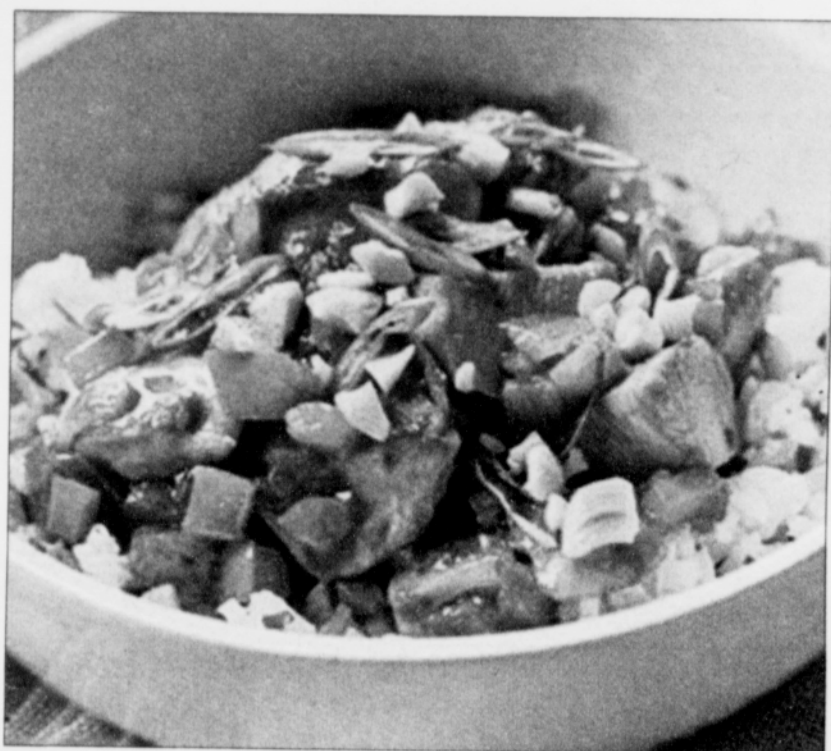


# FOOD



## Cashews and Chicken

Pair this entrée with a simple rice pilaf: Heat 1 tablespoon canola oil in a large saucepan over medium-high heat. Add 1/2 cup chopped onion and 2 teaspoons grated peeled fresh ginger to pan; sauté 2 minutes. Stir in 1 cup water, 1/2 cup long-grain rice, and 1/4 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until liquid is absorbed. Remove from heat; stir in 2 tablespoons chopped fresh cilantro.

### Ingredients

- 3 tablespoons low-sodium soy sauce, divided
- 2 tablespoons dry sherry
- 4 teaspoons cornstarch, divided
- 1 pound skinless, boneless chicken breast, cut into bite-sized pieces
- 1/2 cup fat-free, less-sodium chicken broth
- 2 tablespoons oyster sauce
- 1 tablespoon honey
- 2 teaspoons sesame oil, divided
- 3/4 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped red bell pepper
- 1 tablespoon grated peeled fresh ginger
- 2 garlic cloves, minced
- 1/2 cup chopped green onions (about 3 green onions)
- 1/4 cup chopped unsalted dry-roasted cashews

**Preparation (YIELD: 4 servings (serving size: about 3/4 cup); PREP TIME: 30 MINUTES)**

1. Combine 1 tablespoon soy sauce, sherry, 2 teaspoons cornstarch, and chicken in a large bowl; toss well to coat. Combine remaining 2 tablespoons soy sauce, remaining 2 teaspoons cornstarch, broth, oyster sauce, and honey in a small bowl.

2. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add chicken mixture to pan; sauté 3 minutes. Remove from pan. Heat remaining 1 teaspoon oil in pan. Add onion, celery, and bell pepper to pan; sauté 2 minutes. Add ginger and garlic; sauté 1 minute. Return chicken mixture to pan; sauté 1 minute. Stir in broth mixture. Bring to a boil; cook 1 minute, stirring constantly. Remove from heat. Sprinkle with green onions and cashews.

**Rice pilaf:** Heat 1 tablespoon canola oil in a large saucepan over medium-high heat. Add 1/2 cup chopped onion and 2 teaspoons grated peeled fresh ginger to pan; sauté 2 minutes. Stir in 1 cup water, 1/2 cup long-grain rice, and 1/4 teaspoon salt; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until liquid is absorbed. Remove from heat; stir in 2 tablespoons chopped fresh cilantro.

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ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

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