

## Cashew Chicken

Recipe by: Chef Jonathan Poyourow, RD, LD, MA

Yield: 6-8 servings

### Ingredients

4 tablespoons oil, divided  
2 pounds chicken tenders, cubed  
3 tablespoons arrowroot starch  
2 red bell peppers, cut into strips  
1 green bell pepper, cut into strips  
1 onion, cut into thick cubes  
½ cup soy sauce  
2 tablespoons white vinegar  
1 teaspoon garlic, minced  
1 teaspoon fresh ginger, grated or ½ teaspoon ground ginger  
⅓ cup honey  
¼ teaspoon red pepper flakes  
½ teaspoon salt  
1 cup cashews  
½ cup green onion, chopped

### Method of Preparation

1. Heat two tablespoons of the oil in a large sauté pan over medium-high heat. Place chicken and arrowroot powder in a bowl and toss until chicken is coated. Add chicken to the hot pan and sauté until it is golden on all sides, stirring frequently until cooked through.
2. Remove chicken and set aside in a bowl. Place pan back on the heat and add remaining two tablespoons of oil.
3. Add bell peppers and onion to the pan and sauté for 4-5 minutes, or until onion is translucent and peppers begin to soften. Add the chicken back to the pan and combine with the vegetables.
4. In a mixing bowl, whisk together soy sauce, vinegar, garlic, ginger, honey, red pepper, and salt.
5. Pour sauce into pan with chicken and vegetables and toss. Bring sauce to a boil and cook for 1-2 more minutes, stirring constantly, until sauce has thickened.
6. Stir in cashews and three-quarters of the green onions and remove from heat.
7. When ready to serve, garnish with remaining green onions.

#### Nutritional Analysis:

Calories: 370  
Carbohydrates: 26 g  
Sodium: 750 mg  
Protein: 35 g  
Total Fat: 15 g  
Saturated Fat: 2.5 g  
Fiber: 2 g

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