



Family Plan

Cashew Chicken

Serving Size : 6 Preparation Time :0:00

Categories : Main Dish

Amount Measure Ingredient -- Preparation Method

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- 1 pound boneless chicken -- cut into 1-inch strips
 - 3/4 cup orange juice
 - 1/3 cup Sue Bee Honey
 - 1/4 cup soy sauce
 - 1 tablespoon cornstarch
 - 1 teaspoon ground ginger
 - 1 teaspoon garlic salt
 - 1/2 teaspoon pepper
 - 2 tablespoons vegetable oil
 - 4 green onions -- cut-up
 - 3 large carrots -- cleaned and sliced
 - 2 celery stalks -- sliced
 - 1 cup cashews
 - Hot cooked rice



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Combine juice, soy sauce, honey, cornstarch and seasonings.

Heat 1 tablespoon oil until it begins to smoke. Stir-fry vegetables for several minutes until the onions become fragrant. Set aside.

Remove from skillet, heat another tablespoon of oil until smoking and stir-fry chicken strips until browned and tender.

Add cooked vegetables, cashews and sauce mix. Continue cooking until sauce bubbles and thickens. Serve over hot rice.

Makes 4-6 servings

Cuisine:

"Asian"

Source:

"Sue Bee Honey"

S(Internet address):

"<http://www.suebee.com/>"

Per Serving (excluding unknown items): 357 Calories; 16g Fat (40.1% calories from fat); 23g Protein; 33g Carbohydrate; 3g Dietary Fiber; 44mg Cholesterol; 1110mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 1 Other Carbohydrates.