

Honey Cashew Chicken with Rice

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Yield: Serves 4 (serving size: 1/2 cup rice and 1 cup chicken mixture)

Ingredients

1 cup Brown Rice
2 (6-ounce) skinless, boneless chicken breast halves, cut into 1-inch cubes
2 tablespoons cornstarch
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 tablespoon canola oil
1 tablespoon dark sesame oil
2 1/2 cups broccoli florets
1 cup frozen shelled edamame (green soybeans)
4 garlic cloves, minced
1 medium yellow onion, finely chopped
1 red bell pepper, sliced
1/2 cup dry-roasted cashews, unsalted

(NOTE: The Sauce ingredients here below are already doubled because it is much better with double sauce.)

2 tablespoons rice vinegar
1/3 cup + 1 tablespoon honey
2 tablespoons lower-sodium soy sauce
2 tablespoons ginger, garlic & chili minced sauce (from Walmart Canada) Or you can use Siriacha Sauce. (hot chile sauce)

Preparation

1. Cook rice according to package directions, omitting salt and fat.
2. Combine chicken and next 3 ingredients in a bowl; toss to coat.

3. Heat a large skillet over medium-high heat. Add canola and sesame oils. Add chicken mixture, and sauté for 4 minutes or until lightly browned. Increase heat to high, and add broccoli and the next 4 ingredients (through red bell pepper). Cook 5 minutes or until vegetables are crisp-tender and chicken is done, stirring frequently. Stir in cashews.
4. Combine vinegar and remaining ingredients in a small bowl; stir with a whisk. Add vinegar mixture to chicken mixture; toss to coat. Serve with rice.