

CASHEW CHICKEN



chicken breast

½ cup sliced celery

¼ cup sliced green onions

½ cup sliced mushrooms

2 sliced carrots

1 med. chopped onion

sliced water chestnuts

olive oil

1 can chicken broth

1 tbsp. cornstarch

2 tsp. soy sauce

salt

pepper

cashews

Cut chicken into 1/2 inch wide strips. Saute chicken 5 min. In separate frying pan, saute celery, green onions, mushrooms, carrots and onion. Add chicken and water chestnuts. Blend broth with cornstarch and soy sauce; stir into chicken mixture. Add salt and pepper to taste. Add cashews at last minute. Serve with rice. Vegetables should be slightly crunchy.