



Cashew Chicken

1 pound chicken—cut into 1 inch strips
1 Tablespoon orange zest
¾ cup chicken broth
1/3 cup honey
¼ cup tamari
1 tablespoon arrowroot
1 tsp. ground ginger or grated fresh ginger (to taste)
1 tsp. garlic powder
½ tsp pepper

2 tablespoons light olive oil
4 diagonally sliced green onions
3 large carrots, sliced
2 diagonally sliced celery stalks
1 cup chopped bok choy
1/3 cup snow peas
1 cup raw cashews

cooked rice

Combine broth, zest, tamari, honey, arrowroot and seasonings to create sauce.

Heat 1 tablespoon oil until hot. Stir-fry vegetables for several minutes, add onion, bok choy and snow peas toward the end of the cooking time to retain crispness. Cook until onions become fragrant. Set aside

Heat remaining oil 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.