



Barbara's Picks!

Kitchen-tested by Morden's
own Barbara Dixon

Morden's Organic Farm Store

801 Collinson Road, Dundas, ON
905-627-4774

Cashew Chicken

1 lb boneless, skinless chicken breast cut into 1-inch pieces
¼ cup light soy sauce
¼ cup honey
3 Tbsp vegetable oil
2 Tbsp chili sauce (such as Heinz)
½ tsp ground ginger
¼ tsp garlic powder
1 cup chicken broth
1 Tbsp corn starch
4 cups coleslaw mix (cabbage & carrots, thinly shredded)
1 cup salted cashew nuts
3 cups cooked brown rice

1. Place chicken in a 9 x 13-inch baking dish. In a small bowl, mix together soy sauce, honey, 2 Tbsp of the vegetable oil, the chili sauce, ginger and garlic powder. Pour over the chicken and toss to coat. Cover and refrigerate for 1 hour.
2. Mix together the broth and cornstarch until smooth. Set aside.
3. Heat large skillet over medium-high heat. Add chicken and marinade and bring to a simmer. Simmer, stirring occasionally, for 5 minutes or until internal temperature of chicken reaches 160 on an instant read thermometer. Remove chicken and set aside.
4. Add remaining vegetable oil to skillet and add coleslaw mix. Cook, stirring, until tender, about 4 minutes. Stir in broth mixture, bring to a boil. Reduce heat to medium-high, simmer 1 minute until sauce thickens. Add in chicken and any accumulated liquid and heat through.
5. Stir in cashews and serve with rice.