

Lemon Cashew Chicken Stir-Fry

1 tablespoon peanut oil
1 pound chicken tenders, cut into 1½-inch pieces
½ cup sliced mushrooms
¼ cup sliced green onions
2 cloves garlic, minced
1 cup matchstick-size carrot strips
½ cup fat-free reduced-sodium chicken broth
1 to 2 tablespoons dry sherry
2 teaspoons sugar
½ teaspoon grated lemon peel
3 tablespoons lemon juice
1 tablespoon cornstarch
⅛ teaspoon white pepper
1 package (6 ounces) frozen snow pea pods, thawed
3 cups hot cooked rice
⅓ cup chopped cashews

1. Heat oil in a large skillet over medium-high heat until hot. Add chicken; cook and stir 7 to 8 minutes or until chicken is no longer pink in center.
2. Add mushrooms, green onions and garlic; cook and stir 1 minute or until vegetables are tender. Add carrots, chicken broth, sherry, sugar and lemon peel; cook and stir 1 to 2 minutes more.
3. Combine lemon juice, cornstarch and pepper in small bowl; stir until smooth. Pour cornstarch mixture over chicken; cook and stir 1 to 2 minutes or until slightly thickened.
4. Add snow peas; cook and stir 1 minute or until heated through. Serve over rice; sprinkle with cashews.

Makes 6 servings

Per serving: 300 calories, 8 g fat, 22 g protein, 33 g carbohydrate, 46 mg cholesterol, 65 mg sodium, 2 g fiber.