

# STICKY CASHEW SKILLET

*Serves 3-4*

## INGREDIENTS

- 1 cup chopped bell pepper
- 2-3 green onions, diced
- 1-2 cups slightly steamed broccoli or carrots
- 2 Tbls. Sesame oil
- 1 can chickpeas, drained & rinsed
- 1 cup cashews
- 1 cup shelled edamame
- ¼ cup broth
- ¼ cup soy sauce
- 1 tsp. garlic powder
- ½ tsp. grated ginger
- 2 Tbls rice vinegar
- 2 Tbls chili garlic sauce (or teriyaki sauce if you don't like spicy)
- 2 Tbls arrowroot starch
- 1-2 tsp. favorite liquid sweetener



## INSTRUCTIONS

1. In a small bowl, whisk together all ingredients from broth through the end of ingredient list and set aside.
2. In a large wok or skillet, heat sesame oil over medium heat and cook the onions, peppers and broccoli until softened, then add chickpeas, cashews and edamame for a few more minutes.
3. Pour sauce over everything in the wok, stir to combine and let simmer for 5-10 minutes. Serve alone or over rice or noodles or quinoa.

## NOTES

- Chickpeas can be swapped for 1 package cubed tofu or ½ lb. ground meat.