

Crock Pot Cashew Chicken

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From Kim at A Girl and Her Phone on YouTube and Family Fresh Meals

Serves 6

Blue – 8

Purple – 8

Green – 10

- 2 pounds boneless skinless chicken breast, (cut into 1 inch pieces)
- $\frac{1}{4}$ cup all purpose flour
- Salt and pepper to taste
- 1 $\frac{1}{2}$ Tbsp olive oil
- $\frac{1}{2}$ cup low sodium soy sauce
- $\frac{1}{4}$ cup rice vinegar
- $\frac{1}{4}$ cup honey
- 2 $\frac{1}{2}$ Tbsp zero calorie brown sugar replacement
- $\frac{1}{4}$ tsp ground ginger
- $\frac{1}{4}$ tsp red pepper flakes
- $\frac{3}{4}$ cup unsalted cashews
- 3 green onions (sliced, for garnish)

1. Fill a gallon sized bag with flour and add some salt and pepper. Add chicken to the bag and shake to coat
2. Once the chicken is coated add it to the crockpot with

the temperature on hot while you make the marinade

3. To make the marinade, combine the olive oil, soy sauce, rice vinegar, honey, brown sugar, ginger and red pepper flakes
4. Stir your chicken and add the marinade. Turn heat to low and cook for 3 hours
5. If you like your cashews softer, add them in 30 minutes before serving. If you like them crunchy, then add them before serving
6. NOTE: a suggestion was made to turn to high and cook with the lid off after adding the cashews to help the sauce thicken up.
7. Garnish with green onions and serve over rice.