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Ketogenic Cashew Chicken

With Dr. Gina Jetter of



Ingredients:

3 Chicken thighs, skinless, boneless

1 T garlic

½ t ginger, ground

½ green bell pepper, medium

1 t green onions

¼ white onion, medium

½ T chili garlic sauce

½ T soy sauce

1 T sesame seeds

2 T canola oil

1 T rice wine vinegar

1 T sesame oil

¼ cup cashews

Directions:

1. Heat a pan over low heat and toast the cashews for 8 minutes or until they start to lightly brown and become fragrant. Remove and set aside.
2. Dice chicken thighs into 1 inch chunks. Cut onion and pepper into equally large chunks.
3. Increase heat to high and add canola oil to pan.
4. Once oil is up to temperature, add in the chicken thighs and allow them to cook through (about 5 minutes).
5. Once the chicken is fully cooked, add in the pepper, onions, garlic, chili garlic sauce and seasonings (ginger, salt, pepper). Allow to cook on high for 2-3 minutes.
6. Add soy sauce, rice wine vinegar, and cashews. Cook on high and allow the liquid to reduce down until it is a sticky consistency. There should not be excess liquid in the pan upon completing cooking.
7. Serve in a bowl, top with sesame seeds and drizzle with sesame oil. **Enjoy!**

Calories 333.3 cals  Fat 24g  Carbs 8g  Fiber 1.3g  Protein 22.6  Net carbs 6.7g

Recipe from staging.ketoconnect.net