

Sheet Pan Thai Cashew Chicken and Vegetables

Prep Time: 5 Min Cook Time: 20 Min Total Time: 25 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1.5

Amount Per Serving

Calories 326	Calories from Fat 51
	% Daily Value *
Total Fat 6g	8%
Saturated Fat 1g	4%
Monounsaturated Fat 0g	0%
Polyunsaturated Fat 0g	0%
Cholesterol 74mg	24%
Sodium 1086mg	47%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	15%
Sugars 15g	

Protein 37g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1/3 cup reduced sodium soy sauce
- 1/3 cup water
- 2 tbsps hoisin sauce
- 2 tbsps honey (or replace with Stevia for lower carb)
- 2 cloves garlic, minced
- 1 tbsp Asian garlic chili paste (optional, adjust to taste)
- 1 tbsp cornstarch
- 1.33 lbs boneless skinless chicken breast, chopped
- 1/2 tsp pepper
- 16 oz Asian vegetable mix
- 1/4 cup cashews



Directions

- 1 Preheat the oven to 400 degrees. Spray the chicken with cooking spray or toss with olive oil. Season with black pepper. Spread out on to a sheet pan in a single layer, covered in foil and sprayed with cooking spray. Bake for 10 minutes.
- 2 Meanwhile, add the soy sauce, water, hoisin, honey, garlic, Asian garlic chili paste, and cornstarch to a small pan. Bring to a boil and then turn down a low simmer. Cook for 4-6 minutes until it thickens and coats the back of a spoon. Watch the sauce to make sure it doesn't burn.
- 3 Remove the chicken from the oven. Add the vegetables and cashews to the pan. Drizzle with the sauce and toss to coat. Return to the oven and cook for 8-10 minutes until tender crisp.

Notes

5 WeightWatchers® Points

Points are calculated by Slender Kitchen. Not endorsed by WW International Inc.

