

Cashew Chicken for Two

- 1 whole ($\frac{3}{4}$ to 1 lb.) chicken breast
- 1 tablespoon cornstarch
- 2 tablespoons soy sauce
- 1 stalk celery

About $\frac{1}{4}$ pound green beans

- 2 medium or 1 large carrot

- 1 small onion

- 1 clove garlic

Cooking sauce: 1 teaspoon cornstarch

blended with $\frac{1}{2}$ cup chicken broth

About 4 tablespoons salad oil

$\frac{1}{2}$ cup roasted or raw cashews

Remove the skin and bone from chicken breast and slice meat into strips, about $\frac{1}{8}$ inch thick and 1 to 2 inches long. In a bowl blend the 1 tablespoon cornstarch with soy, stir in chicken, and set aside while preparing vegetables. Cut the celery in thin slices, the beans in $\frac{1}{2}$ -inch-thick slanting slices, the carrots in $\frac{1}{8}$ -inch-thick slanting slices; cut onion in half, then in $\frac{1}{4}$ -inch slices; mince the garlic. Also prepare cooking sauce.

Heat a wok or large frying pan on medium-high heat. Add 1 tablespoon of the oil and cashews and stir with a wide spatula until lightly toasted, about 30 seconds; turn out of pan. Return pan to high heat, add 1 tablespoon oil, and, when hot, add chicken mixture to pan. Quickly stir and turn until chicken is opaque, firm, and lightly browned, 1 to 2 minutes; turn out into dish.

Reheat pan with remaining 2 tablespoons oil, then add celery, beans, carrots, onion, and garlic. Put lid on pan and cook for about 1 minute, shaking pan vigorously several times to stir. Uncover and cook, turning for 2 to 4 minutes longer, or until vegetables are just tender-crisp.

Return chicken to pan with vegetables and add cooking sauce. Cook, stirring constantly, until it boils and thickens. Stir in most of the cashews, turn into a warm serving dish, and garnish with remaining cashews. Makes 2 servings.—*K. K., Cupertino, Calif.*