

## Cashew Chicken for Two

1 whole (3/4 to 1 lb.) chicken breast  
1 tablespoon cornstarch  
2 tablespoons soy sauce  
1 stalk celery  
About 1/4 pound green beans  
2 medium or 1 large carrot  
1 small onion  
1 clove garlic  
Cooking sauce: 1 teaspoon cornstarch  
blended with 1/2 cup chicken broth  
About 4 tablespoons salad oil  
1/2 cup roasted or raw cashews

+ 1 serving

Remove the skin and bone from chicken breast and slice meat into strips, about 1/4 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 1/2-inch-thick slanting slices, the carrots in 1/8-inch-thick slanting slices; cut onion in half, then in 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.