

Cut & fold along dotted lines to fit this in your 3x5-inch recipe card box:

One of our favorite recipes:



## Cashew Gesundheit

**Serves:** 4

### Ingredients

- 1/3 cup coarsely chopped unsalted cashews
- 2 TBSP virgin coconut oil
- 1 lb boneless, skinless chicken breast, cut lengthwise into thin strips.
- 2 cups julienne-cut red bell pepper (about 1 large)
- 1 tsp minced garlic
- 1 tsp minced peeled fresh ginger
- 3 TBSP thinly sliced scallions
- 1 cup cooked brown rice

### Directions

1. Heat a large nonstick skillet over medium-high heat. Add cashews to pan; cook 3 minutes or until lightly toasted, stirring frequently. Remove from pan.
2. Add coconut oil to pan, swirling to coat. Add chicken to pan and sauté 2 minutes or until lightly browned. Remove chicken from pan and place in a bowl.
3. Add bell pepper to pan and sauté 2 minutes, stirring occasionally. Add garlic and ginger to the bell pepper and cook 30 seconds. Return chicken to pan with pepper and seasonings and cook 1 minute. Sprinkle with cashews and scallions.
4. Serve with brown rice.

**Source:** Zero Belly Fat Diet

