

## Thai Cashew Chicken

Claire Ewert Fisher

Even though the *Thai Cashew Chicken* recipe (*Extending the Table*, page 229) warmed the stomach and obviously the heart of Garth, enough for him to join our little family, it is the Vietnam Fried Rice recipe found in the *More with Less* cookbook, page 130, that gets prepared more often in our home. Not only is it easy, (who needs a recipe anymore?) but it is nutritious and is a great way to use up leftovers.

Cook 1 c. rice or have ready 3 c. leftover rice.

Heat in large skillet:

4 T. cooking oil

Add:

¼-1/2 lb. any cooked or raw meat, cut into thin strips

3 cloves garlic, minced

1 large onion, chopped coarsely

1 t. salt

1 t. pepper

1 t. sugar

1 T. soy sauce

Stir-fry until meat is tender and hot, about 1-2 minutes.

Add:

3 c. rice

Stir-fry 5 minutes.

Add:

1 c leftover or frozen vegetables, such as peas, green beans, or carrots.

Stir well into rice-meat mixture.

Just before serving, add:

2 eggs, beaten

Over medium heat, stir carefully though rice until eggs are cooked. Service piping hot with salad of leaf lettuce, cucumbers, fresh mint, and parsley.

**(Pat Hostetter-Martin, Quang Ngai, Vietnam)**