

Spicy Garlic Cashew Chicken Recipe

Author: From Simply Recipes food blog

Alternate Source: Internet Address:

<http://www.elise.com/recipes/archives/005255sp>

[icy_garlic_cashew_chicken.php](http://www.elise.com/recipes/archives/005255sp)

Carolyn T's
Cookbook

Servings: 6



1 cup cashews, salted
6 Tbsp cilantro, chopped with stems
1/4 cup olive oil, or grapeseed oil
4 whole garlic cloves, roughly chopped
2 tablespoons soy sauce
2 teaspoons brown sugar, or Splenda brown sugar
1 whole jalapeño peppers, seeded, chopped
2 tablespoons lime juice
Kosher salt and freshly ground black pepper
3 pounds chicken thighs, boneless, skinless

Categories: Chicken

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 600 Calories; 47g Fat (70.0% calories from fat); 35g Protein; 10g Carbohydrate; 2g Dietary Fiber; 151mg Cholesterol; 487mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 1/2 Fat; 0 Other Carbohydrates.

Description:

Preparation Time: 15 minutes

Start to Finish Time: 3 hours

1. In a blender or food processor, blend together the cashews, cilantro, oil, garlic, soy sauce, brown sugar, jalapeño, lime juice, and 2 tablespoons of water. Blend until a smooth paste. Add salt and pepper to taste. Reserve a third of the marinade for serving with the chicken. Use the rest for coating the chicken.
2. Sprinkle salt and pepper all over the chicken pieces. Coat the chicken pieces with the marinade. Chill for an hour or two. Bring to room temperature before cooking.
3. Preheat broiler or grill. Broil or grill chicken, turning frequently, until golden and crisp and a meat thermometer reads 175°F when inserted into the thickest part of the thigh (not touching a bone), or when the juices run clear (not pink) when cut into with a knife. About 20 to 30 minutes. Serve with lime wedges, reserved marinade, and cilantro.