

1st**CAROLYN CHANDLER** *Deep East Texas Electric Cooperative*Prize-winning recipe: **Cashew Chicken**

We got a number of great recipes from members of Dutch oven groups. (Carolyn Chandler is member of the Toledo Bend Dutch Oven Society.) These groups focus on “fun, food and fellowship” with gatherings around the state. If you’d like to find out more, you can visit the Lone Star Dutch Oven Society online at www.lsdos.com to find a chapter near you.

CASHEW CHICKEN

- 2 tablespoons oil
- 1 onion, chopped
- 1 green pepper, chopped
- 2–3 pounds boneless, skinless chicken breasts
- 3 carrots, sliced
- 4 stalks celery, sliced
- 1½ cups cashews
- ¾ cup water (divided)
- 1 cup sugar
- ½ cup vinegar
- 1 can (20 ounces) chunk pineapple
- 3 tablespoons ketchup
- 4 tablespoons cornstarch

Pour oil in Dutch oven and place over medium-high heat on your stovetop. Add

onion and bell pepper, stir and cook about 2 minutes. Add chicken, carrots, celery and cashews. Reduce heat to medium and cook for 15–20 minutes, stirring often. Add ¼ cup water, if needed.

In medium bowl, mix ½ cup water, sugar, vinegar, pineapple (including juice), ketchup and cornstarch. Add to chicken and bring to a boil, stirring well. Cook another 20–30 minutes. Serve over rice. Serves 4–6.

Cook’s Tip: Cashew Chicken can be made on the stovetop or in the oven, but to make it on a campout, set your Dutch oven on top of six coals and put 18–22

coals on top. Remove the lid carefully when stirring so no ash falls into the dish.

Serving size: 1 breast with sauce. Per serving: 685 calories, 59 g protein, 21 g fat, 73 g carbohydrates, 288 mg sodium, 132 mg cholesterol