

Stir-Fry Pork with Cashew Rice

3/4 c uncooked long-grain rice (or use the rice in a bag if hurry)
1/3 c chopped green onions
1/4 c dry roasted cashews, salted and chopped
1/2 tsp salt
2/3 c fat-free, low sodium chicken broth
2 tbsp cornstarch, divided
2 tbsp honey
3 tbsp low salt soy sauce
1 lb pork tenderloin, trimmed and cut into 1/2 inch cubes
1 tbsp canola oil, divided
2 c sliced mushrooms
1 c chopped onions
2 cloves garlic
1 tbsp grated fresh ginger
2 c sugar snap peas
1 c chopped red pepper

Cook rice according to package directions, omitting salt and fat. Stir in 1/3 cup chopped green onion, chopped cashews set aside and keep warm.
Combine 2/3 cup chicken broth, 1 tbsp cornstarch, 2 tbsp soy sauce and honey in a small bowl. Set aside.