

TERIYAKI CASHEW TUNA

INGREDIENTS:

1/3 cup teriyaki sauce or stir-fry sauce
340 grams tuna
1 Tablespoon vegetable oil
½ teaspoon minced fresh garlic
½ cup green onion, cut into 1/2-inch pieces
½ cup each: sliced celery and sliced red bell peppers
280 grams frozen pea pods, thawed
170 grams sliced water chestnuts, drained
½ cup cashews
Hot cooked rice

DIRECTIONS:

In a large skillet, heat oil until hot; sauté garlic.

Add onion, celery, peppers, pea pods, cashews and water chestnuts.

Cook until celery is crisp and tender.

Add tuna pieces and continue cooking until cooked to your liking.

Serve over hot cooked rice.

Makes 4 servings.

Preparation Time: 20 minutes