

Shrimp and Cashew Stir Fry

1 pound medium sized uncooked shrimp
1 /3 cup dry roasted cashews
3 tablespoon peanut oil or salad oil
1 medium onion, slivered
½ cup thinly sliced celery
6 oz mushrooms, sliced
1 clove garlic, minced or pressed
1 teaspoon cornstarch
2 tablespoons soy sauce
¼ cup chicken broth or water
2 cups shredded fresh spinach (leaves only)
¼ pound pea pods (optional) ends and strings removed
Salt
Cooked brown rice (or white if preferred)

1. Shell and devein shrimp; set aside.
2. Stir cashews in heated oil in a large frying pan until they give off a nutlike aroma and begin to brown. Remove with a slotted spoon and reserve. To same oil add onion and celery. Cook, stirring occasionally, over medium high heat until onions are transparent; about 3 minutes. Add mushrooms and cook until they begin to brown. Mix in garlic and shrimp, stirring until shrimp turn pink.
3. Mix cornstarch smoothly with soy sauce and chicken broth. To shrimp mixture add spinach and peas (if used); stir 30 seconds. Mix in cornstarch mixture, stirring just until thickened. Taste; add salt, if needed. Sprinkle with reserved cashews.
4. Serve shrimp over rice.