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# Spicy Garlic Cashew Chicken

From the New York Times food section.

Internet Address: [http://www.elise.com/recipes/archives/005255spicy\\_garlic\\_cashew\\_chicken.php](http://www.elise.com/recipes/archives/005255spicy_garlic_cashew_chicken.php)



## Servings: 6

*The recipe assumes guests will eat at least 2 thighs per person. The recipe calls for bone-in, they're fine. Do not remove the skin, though - that way the marinade touches the skin, which is high in fat, but most of it comes from the cashews.*

**1 cup cashews, salted**  
**6 tablespoons 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 pepper, seeded, chopped**  
**2 tablespoons lime juice**  
**Kosher salt and freshly ground black pepper**  
**3 pounds chicken thighs, boneless, skinless**

**Direction:** 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.

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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.