

Beef Stir Fry - 2 servings

½ cup rice
½ lb beef sirloin steak
1 tsp minced garlic
¼ cup of Light Asian Toasted Sesame Dressing
¼ cup soy sauce
3½ cups broccoli
1 cup red pepper
1 cup green pepper
¾ cup sweet onion
Per serving: 542 Calories, 67 Pro, 116 Cho, 40 Fat



Bryan & Jeanette Wingate



Beef stir fry is a one-dish meal that includes carbohydrate, protein, and a lot of healthy vegetables! If you are really pushed for time, you can use a bag of frozen stir-fry vegetables, but of course fresh is more nutritious and will taste better too! First, cook the rice by either steaming it or cooking it in a pot of water. To steam rice, put equal parts of water and rice into the steamer and fill the bottom of the pot with water. Steam on high heat for about 20 minutes.

While the rice is cooking, chop the vegetables. Then, in a non-stick skillet stir-fry the meat and garlic on medium heat for about 2 minutes. Next, add the vegetables, dressing, and soy sauce to the skillet and blend well. Cook covered for 4 minutes, then cook uncovered until the vegetables are still crisp, but cooked. The less you cook the vegetables, the more nutrients they will retain. Serve the rice on a plate, and then add the stir-fry on top.