

Sweet Asian Beef Stir Fry



MAKES: 4 servings

SERVING SIZE:

**1/2 cup cooked spaghetti with
1 cup beef stir-fry**

CARB GRAMS PER SERVING: 30

Nutrition Facts Per Serving:

Calories: 279

Protein(gm): 25

Carbohydrate(gm): 30

Fat, total(gm): 6

Cholesterol(mg): 36

Saturated fat(gm): 2

Monosaturated fat(gm): 3

Polyunsaturated fat(gm): 1

Dietary Fiber, total(gm): 5

Sugar, total(gm): 8

3 tablespoons low-sugar orange marmalade
2 tablespoons light teriyaki sauce
2 tablespoons water
1 tablespoon grated fresh ginger
1/4 - 1/2 teaspoon crushed red pepper
3 ounces dried multigrain spaghetti or soba (buckwheat noodles)
Nonstick cooking spray
2 cups small broccoli florets
1/2 of a small red onion, cut into thin wedges
1 cup packaged julienned carrots, or 2 carrots, cut into thin bite-size strips
2 teaspoons canola oil
12 ounces boneless beef top sirloin steak, cut into thin bite-size strips*
3 cups shredded napa cabbage

For sauce: 1. In a small bowl, combine marmalade, teriyaki sauce, the water, ginger, and crushed red pepper; set aside. Cook spaghetti according to package directions.

2. Meanwhile, coat a large nonstick skillet or wok with cooking spray. Preheat over medium-high heat. Add broccoli and red onion to hot skillet. Cover and cook for 3 minutes, stirring occasionally. Add carrots; cover and cook for 3 to 4 minutes more or until vegetables are crisp-tender, stirring occasionally. Remove vegetables from skillet.

3. Add oil to the same skillet. Add beef strips. Cook and stir over medium-high heat for 3 to 5 minutes or until slightly pink in center. Return vegetables to skillet along with sauce and cabbage. Cook and stir for 1 to 2 minutes or until heated through and cabbage is just wilted.

4. Serve immediately over the hot cooked spaghetti. Makes 4 servings (1/2 cup cooked spaghetti with 1 cup beef stir-fry per serving)

Test Kitchen Tip: For easier slicing, partially freeze the steak before cutting it.

Sauteed Peppers, Asparagus & Zucchini

MAKES: 4 servings

SERVING SIZE: 3/4 cup

CARB GRAMS PER SERVING: 9

2 teaspoons olive oil
1 large red sweet pepper, stemmed, seeded, and thinly sliced
1 large yellow sweet pepper, stemmed, seeded, and thinly sliced
1 medium zucchini, thinly sliced
4 ounces fresh asparagus spears, trimmed and cut into 2-inch pieces
2 cloves garlic, minced
1/8 teaspoon salt
1/8 teaspoon ground black pepper
1 1/2 teaspoons butter
1/2 teaspoon finely snipped fresh thyme

1. In large skillet, heat oil over medium-high heat. Add sweet peppers; cook for 2 minutes. Stir in zucchini and asparagus. Cook and stir for 6 to 7 minutes or just until asparagus is tender.

2. Stir in garlic, salt, and black pepper; cook and stir for 1 minute. Add butter and thyme, stirring just until combined. Serve immediately. Makes 4 servings (3/4 cup per serving)



Nutrition Facts Per Serving:

Servings Per Recipe: 4

Calories: 75

Protein(gm): 2

Carbohydrate(gm): 9

Fat, total(gm): 4

Cholesterol(mg): 4

Saturated fat(gm): 1

Monosaturated fat(gm): 2

Dietary Fiber, total(gm): 2

Sugar, total(gm): 4

Courtesy of Helen Long, Nutritionist

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