



## Check out this quick and easy stir-fried meal

### Stir-fried beef and vegetables

Stir-frying uses very little oil, and this tasty dish has less than 200 calories and only 7 grams of total fat per serving.

- 2 Tbsps dry red wine
- 1 Tbsp soy sauce
- ½ tsp sugar
- 1½ tsps ginger root, peeled and grated
- 1 lb boneless round steak, fat-trimmed and cut across grain into 1½-inch strips
- 2 Tbsps vegetable oil
- 2 medium onions, each cut into 8 wedges
- ½ lb fresh mushrooms, rinsed, trimmed and sliced
- 2 stalks celery, bias-cut into ¼-inch slices
- 2 small green peppers cut into thin lengthwise strips
- 1 cup water chestnuts, drained and sliced
- 2 Tbsps cornstarch
- ¼ cup water

1. Prepare marinade by mixing together wine, soy sauce, sugar and ginger.
2. Marinate meat in mixture while preparing vegetables.
3. Heat 1 Tbsp oil in large skillet or wok. Stir-fry onions and mushrooms for 3 minutes over medium-high heat.
4. Add celery and cook for 1 minute. Add remaining vegetables and cook for 2 minutes or until green pepper is tender but crisp. Transfer vegetables to warm bowl.
5. Add remaining 1 Tbsp oil to skillet. Stir-fry meat in oil for about 2 minutes, or until meat loses its pink color.
6. Blend cornstarch and water. Stir into meat. Cook and stir until thickened.
7. Return vegetables to skillet. Stir gently and serve.

**Servings:** 6

**Serving size:** 6 oz (this is about the size of a hockey puck)

**Each serving provides:**

Calories: 187

Total fat: 8 g

Saturated fat: 2 g

Cholesterol: 35 mg

Sodium: 215 mg

Source: National Heart, Lung, and Blood Institute website: *Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute* (July 2003): nhlbi.nih.gov.



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