

Stir-Fry

1/2 lb. lean beef, cut into 1/4 strips
1 small onion, sliced
1 tsp. garlic, chopped
1 pint broccoli flowerets, fresh
1 cup carrots, sliced
1 cup mushrooms, sliced
1 tsp. soy sauce
2-4 tsp. water
Rice or noodles

Spray a skillet with vegetable cooking spray. Add beef and stir-fry with garlic until cooked. Remove and keep warm. Stir-fry carrots and onion until carrots are partially done. Add water, as needed, to prevent sticking. Add broccoli, mushrooms, and soy sauce. Stir-fry until vegetables are done to your liking. Add meat or seafood. Serve over rice or noodles. Other vegetables that are good in stir-fry are:

green or red peppers, celery, green onions, zucchini, cauliflower, cabbage, snow peas, bean sprouts. Makes 4 servings.

Meat substitutes: shrimp, scallops, chicken or pork

Nutrition information per serving: calories 152; protein 18 grams; fat 6 grams; sodium 133 mg