

FLASH IN THE PAN STIR-FRY

Total preparation & cooking time: 35 minutes



- 1 cup uncooked whole grain brown rice
- 1/4 cup orange marmalade
- 4 teaspoons Asian chili-garlic sauce
- 1/2 teaspoon salt
- 1 boneless beef top sirloin steak, cut 1 inch thick (about 1 pound)
- 4 teaspoons vegetable oil, divided
- 2 red or yellow bell peppers, cut into strips
- 1 medium onion, cut into thin slices
- 1/2 pound fresh asparagus spears, cut into 1-1/2-inch pieces

1. Prepare rice according to package directions. Set aside; keep warm.
2. Combine orange marmalade, chili-garlic sauce and salt in small bowl; set aside.
3. Cut beef lengthwise in half, then crosswise into 1/4-inch thick strips.
4. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with 1 teaspoon oil and remaining beef. Remove from skillet; keep warm.
5. In same skillet, heat remaining 2 teaspoons oil over medium-high heat until hot. Stir-fry bell peppers and onion 2 to 3 minutes. Add asparagus; stir-fry 1 minute. Add beef and orange marmalade mixture; cook and stir 2 minutes or until heated through. Serve over rice.

Makes 4 servings

Nutrition information per serving: 471 calories; 12 g fat (3 g saturated fat; 5 g monounsaturated fat); 70 mg cholesterol; 538 mg sodium; 59 g carbohydrate; 4.6 g fiber; 32 g protein; 11.0 mg niacin; 1.0 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 3.9 mg iron; 42.9 mcg selenium; 6.3 mg zinc; 127.8 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline; and a good source of fiber.



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