

STEAK, ASPARAGUS & WALNUT STIR-FRY

Total preparation & cooking time: 25 minutes



- 1 cup uncooked instant brown rice
- 2 boneless beef top loin (strip) steaks, cut 3/4 inch thick (about 8 ounces each)
- 1 tablespoon vegetable oil, divided
- 1 pound fresh asparagus, cut into 2-inch lengths
- 1/2 cup walnut halves
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 cup (100% fat free, 50% less sodium) beef broth
- 1/2 cup crumbled blue cheese

1. Prepare brown rice according to package directions, omitting butter. Set aside; keep warm.
2. Cut beef steaks across the grain into 1/4-inch strips; set aside.
3. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add asparagus; stir-fry 2 to 3 minutes or until crisp-tender. Add walnuts, garlic and salt; stir-fry 1 minute. Remove from skillet; keep warm.
4. Heat 1 teaspoon oil in same 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 remaining 1 teaspoon oil and remaining beef. Return beef to skillet.
5. Stir in asparagus mixture and broth; cook and stir until heated through. Serve over cooked rice. Top with crumbled blue cheese.

Makes 4 servings

Nutrition information per serving: 442 calories; 23 g fat (6 g saturated fat; 7 g monounsaturated fat); 80 mg cholesterol; 594 mg sodium; 24 g carbohydrate; 4.2 g fiber; 36 g protein; 9.8 mg niacin; 0.8 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 4.7 mg iron; 34.5 mcg selenium; 6.5 mg zinc; 120.7 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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