

VEGETABLE-MANGO BEEF STIR-FRY

Total preparation & cooking time: 35 minutes



- 1 boneless beef top sirloin steak, cut 1 inch thick (about 1 pound)
- 3 teaspoons extra virgin olive oil, divided
- 2 cups 1-1/2 x 1/4-inch jicama strips
- 1 package (8 ounces) fresh sugar snap peas
- 1 red bell pepper, cut into thin strips
- 1 cup fresh mango chunks
- 1/3 cup low-sodium soy sauce
- 3 cloves garlic, minced
- 3 cups instant hot cooked rice

1. Cut beef steak lengthwise in half, then crosswise into 1/4-inch strips.
2. 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.
3. Heat remaining 1 teaspoon oil in same skillet over medium-high heat. Add jicama; stir-fry 1 minute. Add sugar snap peas and bell pepper; stir-fry 2 minutes or until vegetables are crisp-tender.
4. Return beef to skillet. Carefully stir in mango, soy sauce and garlic. Cook 2 minutes or until heated through. Serve over rice.

Makes 4 servings

Nutrition information per serving: 581 calories; 9 g fat (2 g saturated fat; 4 g monounsaturated fat); 70 mg cholesterol; 780 mg sodium; 88 g carbohydrate; 7.0 g fiber; 36 g protein; 11.6 mg niacin; 0.9 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 7.9 mg iron; 32.0 mcg selenium; 5.3 mg zinc; 129.2 mg choline.

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



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