



Sirloin and Broccoli Stir-Fry

Makes 4 servings

Ingredients

1 tablespoon cornstarch
 1 tablespoon soy sauce, lowest sodium available
 1 teaspoon grated, peeled ginger root
 1 medium garlic clove, minced
 1 pound boneless steak, all visible fat discarded,
 cut crosswise into ¼-inch strips, longer strips
 halved crosswise
 1 cup uncooked, instant brown rice
 1 cup fat-free, lower-sodium beef broth

2 tablespoons hoisin sauce, lowest sodium available
 1 teaspoon toasted sesame oil
 1 teaspoon canola or corn oil
 3 ounces broccoli florets, broken into bite-size pieces
 1 medium yellow summer squash, thinly sliced crosswise
 4 medium green onions, thinly sliced
 2 ounces red cabbage, shredded
 1-2 tablespoons water, as needed

Instructions

1. Put the cornstarch in a medium bowl. Add the soy sauce, ginger root and garlic, whisking to dissolve the cornstarch. Add the beef, turning to coat. Cover and refrigerate for 10 minutes, turning occasionally.
2. Meanwhile, prepare the rice using the package directions, omitting the salt and margarine. Set aside.
3. In a small bowl, whisk together the broth, hoisin sauce and sesame oil. Set aside.
4. In a large, nonstick skillet or wok, heat the oil over medium-high heat, swirling to coat the bottom. Cook the beef mixture for 5 minutes, or until the beef is browned on

- the outside (it may be slightly pink in the center), stirring constantly. Transfer the beef mixture to a large plate.
5. In the same skillet, still over medium-high heat, stir together the remaining ingredients, except the water. Cook for 2-3 minutes, or until the vegetables are tender-crisp, stirring constantly. If the mixture becomes too dry, stir in the water.
6. Return the beef mixture to the skillet. Pour in the broth mixture, stirring to combine. Cook for 1-2 minutes, or until the broth mixture thickens, stirring occasionally. Serve the stir-fry over the rice.

Nutrition Facts

Serving size: 1 cup stir-fry and ½ cup rice. Calories Per Serving 400; Total Fat 9 g; Cholesterol 60 mg; Sodium 380 mg; Potassium 780 mg; Carbohydrates 47 g; Protein 32 g

Source: American Heart Association

