

- » 2 tbsp soy sauce, reduced sodium
- » 1 tbsp brown sugar
- » 2 tbsp water
- » 2 tsp cornstarch
- » Nonstick vegetable cooking spray
- » 3 tsp vegetable oil, divided
- » 2 tbsp sesame seeds
- » 10 green onions, diagonally sliced
- » 1 cup red bell pepper, cut into strips
- » 1 cup green bell pepper, cut into strips
- » 3 cups broccoli florets, sliced in half
- » 1 lb beef sirloin steak, boneless, cut across grain into 1/8" strips

- » 1 1/4 cups long-grain white rice, cooked according to package directions without salt or fat



Nutritional Content

Per Serving

Calories	477 cal	Cholesterol	69mg
Protein	32g	Sodium	301mg
Carbohydrate	55g	Calories from Fat	23%
Fat	12g	Fiber	4g
Saturated Fat	3g		

In a small bowl combine soy sauce, brown sugar, water, and cornstarch. Set aside. In a small skillet, sprayed with nonstick vegetable cooking spray, over medium-low heat, combine 1 tsp vegetable oil with 2 tbsp sesame seeds. Stir continually until sesame seeds are lightly brown and toasted (about 3 to 4 minutes). Remove from heat and set aside. In a large skillet sprayed with nonstick vegetable cooking spray over medium-high heat, add 1 tsp vegetable oil. Add green onions, red bell pepper, green bell pepper, and broccoli florets. Stir-fry 4 to 6 minutes or until vegetables are tender. Remove vegetables from skillet with a slotted spoon and set aside. In the same skillet, add remaining 1 tsp of vegetable oil and when hot, add beef strips. Stir-fry 2 to 3 minutes until cooked through. Add vegetables back to the skillet and add soy sauce mixture. Stir until liquid is thickened. Add sesame seeds. Serve over rice. Serves 4.

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