

- » 1/2 tbsp soy sauce, reduced sodium
- » 1 tsp brown sugar
- » 1/2 tbsp water
- » 1/2 tsp cornstarch
- » Nonstick vegetable cooking spray
- » 1 tsp vegetable oil, divided
- » 1/2 tsp sesame seeds
- » 2 green onions, diagonally sliced
- » 1/4 cup red bell pepper, cut into strips
- » 1/4 cup green bell pepper, cut into strips
- » 3/4 cup broccoli florets, sliced in half
- » 1/4 lb beef sirloin steak, boneless, cut across grain into 1/8" strips

- » 1/3 cup long-grain white rice, cooked according to package directions without salt or fat



Nutritional Content

Per Serving

Calories	501 cal	Cholesterol	69mg
Protein	32g	Sodium	300mg
Carbohydrate	58g	Calories from Fat	24%
Fat	13g	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 1/2 tsp vegetable oil with 1/2 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 skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1/2 tsp vegetable oil. Add green onions, red bell pepper, green bell pepper, and broccoli florets. Stir-fry 4 to 5 minutes or until vegetables are tender. Remove vegetables from skillet with a slotted spoon and set aside. In the same skillet, 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 1.

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