

Stir Fried Beef on Bed of Bok Choy

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

¼ cup reduced-sodium soy sauce
½ cup white wine
1 tablespoon fresh ginger, diced
1 pound boneless beef sirloin steak, cut into 1/8-inch-thick strips
1 teaspoon cornstarch
2 teaspoons peanut oil
1 clove garlic, minced
4 cups bok choy, coarsely chopped
1 tablespoon oyster sauce
½ teaspoon sugar
2 tablespoons water
1 teaspoon sesame oil
2 teaspoons peanut oil
½ pound fresh mushrooms, sliced
1 red bell pepper, julienned
1 yellow bell pepper, julienned

Directions

1. In a small bowl, combine the soy sauce, wine and ginger. Reserve 1/4 cup.
2. Place beef in a re-sealable plastic bag. Add remaining soy sauce mixture; seal and mix. Refrigerate for 15 minutes.
3. Combine reserved soy sauce mixture and cornstarch in a small bowl. Stir until smooth; set aside.
4. In a large skillet or wok, heat 2 teaspoons of peanut oil. Add the garlic and stir fry for 1 minute.
5. Add the bok choy and stir fry for 2-3 minutes until tender. Remove and keep warm.
6. Combine the oyster sauce, sugar, water and sesame oil in the wok and bring to serving temperature. Pour over the bok choy and reserve warm.
7. In the same wok, heat 2 teaspoons of peanut oil.
8. Drain and discard marinade from beef and stir-fry in the oil for 2 minutes.
9. Add the mushrooms and peppers and stir-fry for 2-3 minutes or until crisp-tender. Stir cornstarch mixture; add to the beef. Bring to a boil; cook and stir for 1-2 minutes or until slightly thickened.
10. Place bok choy on four serving plates. Top with beef stir-fry.

Exchanges per serving:

2 Lean Meats, 1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 182

Calories from fat: 58

Total Fat: 7g

Cholesterol: 46mg

Sodium: 515mg

Total Carbohydrate: 8g

Dietary Fiber: 2g

Protein: 20g