

## Italian Beef Stir-Fry

*Serves 4*

- ▶ 1 pound beef round tip steaks (1/8 to 1/4 inch thick), all visible fat discarded
- ▶ 1 tablespoon olive oil
- ▶ 2 medium garlic cloves, crushed.
- ▶ 2 small zucchini, thinly sliced
- ▶ 1 cup cherry tomato halves
- ▶ 1/4 cup fat-free or light Italian salad dressing
- ▶ 2 cups hot cooked spaghetti
- ▶ 1 tablespoon shredded or grated Parmesan cheese

Cut the steak in half lengthwise and then crosswise into 1-inch strips.

Heat a large nonstick skillet over medium-high heat. Pour the oil into the skillet and swirl to coat the bottom. Cook the garlic for 1 minute, stirring constantly. Add half the steak and cook for 1 to 1 1/2 minutes, or until the surface is no longer pink, stirring constantly. Using a slotted spoon, transfer to a plate. Repeat with the remaining beef. Cover lightly with aluminum foil to keep warm.

Put the zucchini in the same skillet. Cook for 2 to 3 minutes, or until crisp-tender, stirring constantly.

Return the steak to the skillet. Stir in the tomatoes and dressing. Cook until heated through.

To serve, spoon the pasta onto plates. Place the steak mixture on the pasta. Sprinkle with the Parmesan.



**DIETARY EXCHANGES** 1/2 Starch, 1 1/2 Vegetable, 3 Lean Meat

**NUTRIENTS PER SERVING** Calories 247; Total Fat 9.2 g; Saturated Fat 2.5 g; Polyunsaturated Fat 0.8 g; Monounsaturated Fat 4.7 g; Carbohydrates 14 g; Fiber 2.4 g; Cholesterol 70 mg; Protein 27 g; Sodium 242 mg; Niacin 4.5 mg; Vitamin B<sub>6</sub> 0.6 mg; Vitamin B<sub>12</sub> 2.5 mg; Selenium 24.6 mg; Zinc 6.4 mg; Iron 3.3 mg

This recipe is an excellent source of protein, niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, selenium, and zinc, and a good source of iron.