

## Beef and Broccoli Stir-Fry

### NUTRIENT ANALYSIS

Calories	176
Protein	21 g
Carbohydrate	9 g
Total Fat	6 g
Saturated Fat	1.5 g
Cholesterol	50 mg
Fiber	3 g
Sugars	1 g
Sodium	326 mg

Each serving counts as 1 protein and 1 nonstarchy vegetable.

It is a well-known medical fact that broccoli and other cruciferous vegetables, such as cauliflower, cabbage, and Brussels sprouts, are cancer fighters. Every bite of these vegetables contains healthy doses of protective phytonutrients. One way to make broccoli more appealing to the vegetable haters in your family is to add it to stir-fry dishes like this one. Not only will the broccoli taste better, but many of the antioxidants and other beneficial plant substances it contains will be more easily absorbed by the body when eaten with the small amount of healthy oil that is part of the preparation. Like all red meat, sirloin is an excellent reservoir of iron, which is essential for building body-firming muscle and healthy blood. Despite the nutritional payoffs of red meat, however, you should go easy on the amount you eat. Restricting your consumption of red meat to a few times a month guards against eating an excess of saturated fat. Stir-fry dishes cook quickly, so have all your ingredients prepped before you start cooking.

### 4 servings

- 2 teaspoons peanut or vegetable oil
- 2 tablespoons peeled and minced fresh ginger (*see* Note 1)
- 2 medium scallions, minced
- 2 garlic cloves, minced
- ¼ teaspoon crushed red-pepper flakes
- Zest of 1 orange, thinly sliced (*see* Note 2)
- ½ pound boneless sirloin steak, trimmed of any fat around the rim and thinly sliced
- 2 cups fresh broccoli florets, or 1 (10-ounce) bag frozen broccoli florets, thawed

1 red bell pepper, cored, seeded, and chopped  
2 tablespoons reduced-sodium soy sauce  
2 tablespoons rice wine vinegar or white wine vinegar  
1 teaspoon cornstarch whisked with 1 tablespoon water

1. Heat the oil in a large nonstick wok or large nonstick skillet set over medium-high heat. Add the ginger, scallions, and garlic; cook, tossing and stirring, until fragrant, about 30 seconds. Add red-pepper flakes and orange zest and cook 20 seconds longer.
2. Slip the sirloin strips into the pan and cook, stirring and tossing, until lightly browned, about 2 minutes. Add the broccoli and bell pepper; continue tossing and stirring until slightly softened but still crunchy, about 1 minute.
3. Pour in the soy sauce and vinegar and bring to a boil, stirring constantly. Add cornstarch mixture and cook, stirring, until thickened, about 15 seconds. Immediately remove from heat (do not let the cornstarch mixture continue to boil). Let stand 1 minute before serving.

**NOTE 1:** Look for fresh ginger in the produce section of your market. It should be firm, not mushy, with a dry, papery skin that must be removed before the inner fibers can be minced. A vegetable peeler works well for this.

**NOTE 2:** You can remove the zest (that is, the film-thin, colored skin of an orange, lemon, or lime in which the oil is concentrated) with a citrus zester, available at most gourmet stores or outlets online, or with the large holes of a box grater, provided you do not press the fruit too hard against the grater and thereby remove the bitter, white pith as well.