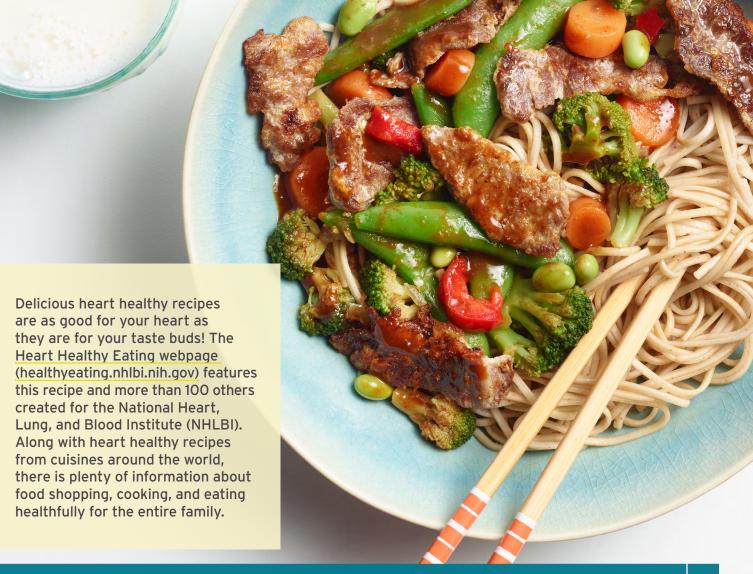
DASH EATING PLAN

Stir-Fried Orange Beef

HEALTHY EATING, PROVEN RESULTS

Delicious over brown rice or Asian-style soba noodles, this tangy orange-flavored beef with crisp vegetables goes well with a cold glass of 1% milk.







Stir-Fried Orange Beef

Number of servings from each DASH Food Group in the suggested meal featuring this recipe



Grains















Vegetables

Fruits

Dairy

Meats, Fish, and Poultry

Nuts, Seeds, and Legumes

Fats and Oils

Sweets and **Added Sugars**

INGREDIENTS

1 bag (12 oz) frozen stir-fry vegetables

1tbsp peanut or vegetable oil

1tbsp onion, minced (or ½ tbsp dried)

1tbsp garlic, minced (about 2-3 cloves)

1tbsp ginger, minced

1 egg white, lightly beaten (or substitute liquid egg white)

2 tbsp cornstarch

12 oz beef flank steak, sliced into thin strips

3 tbsp Hoisin sauce

1tbsp lite soy sauce

1/2 cup orange juice

1tbsp dry sherry (optional)

DIRECTIONS

Thaw frozen vegetables in the microwave (or place entire bag in a bowl of cold water for about 30 minutes). Set aside until step 7.

Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.

Heat oil in a large wok or sauté pan.

Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.

Add steak strips to pan and continue to stir fry until steak strips are lightly browned, about 5-8 minutes.

Add Hoisin sauce, soy sauce, orange juice, and sherry (optional), and bring to a boil over high heat. Immediately lower temperature to a gentle simmer.

Add the thawed vegetables and mix gently. Simmer until vegetables are heated through, about 3-4 minutes.

Divide mixture into four equal portions (about 2 cups each) and serve.

MAKES 4 SERVINGS

The DASH Eating Plan is a heart healthy approach

that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.

Each serving provides 261 calories, 9g total fat, 2g saturated fat, 28 mg cholesterol, 418 mg sodium, 23 g protein, 23 g carbohydrates, 648 mg potassium, 3g total fiber.



Cook time 20 minutes

Yields

4 servings Serving Size

2 cups meat and vegetables

TIP Delicious over rice or Asian-style noodles (soba or udon) with a cold glass of 1% milk.

