



Steak 'n Eggs Stir-Fry



1/2 of recipe (about 2 1/2 cups): 292 calories, 5g total fat (1g sat. fat), 705mg sodium, 19g carbs, 4.5g fiber, 8.5g sugars, 42g protein

Prep: 10 minutes **Cook:** 20 minutes

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Ingredients

1 tbsp. reduced-sodium/lite soy sauce
1/2 tsp. cornstarch
1/2 tsp. chopped garlic
1/4 tsp. granulated sugar
1/8 tsp. red pepper flakes
1/8 tsp. ground ginger
6 oz. raw lean top sirloin beefsteak, thinly sliced (see HG Tip!)
1 1/2 cups (about 12 large) egg whites or fat-free liquid egg substitute
2 cups broccoli florets
1 cup sugar snap peas, halved
1/2 cup chopped red bell pepper
1/2 cup chopped onion

Directions

Combine soy sauce with cornstarch in a medium bowl and stir to dissolve. Add garlic, sugar, red pepper flakes, and ginger, and mix well. Add beef and toss to coat. Cover and refrigerate.

Bring a large skillet (with a lid) sprayed with nonstick spray to medium-high heat on the stove. Add egg and scramble until cooked, 3 - 4 minutes. Remove from skillet and set aside.

Remove skillet from heat. If needed, wash and dry. Spray with nonstick spray and return to medium-high heat. Add broccoli florets and 2 tbsp. water to the skillet. Cover and cook until broccoli florets have slightly softened, 4 - 5 minutes.

Add snap peas, bell pepper, and onion to the skillet with the broccoli. Stirring occasionally, continue to cook (uncovered) until veggies are just tender, about 5 minutes.

Add beef and all of the soy sauce mixture to the skillet. Cook and stir for about 2 minutes, until beef is just cooked through.

Add the egg scramble to the skillet, toss to combine, and continue to cook until hot, about 1 minute. Divide and chew!

MAKES 2 SERVINGS

HG Tip! To make thinly slicing the beef easier, slightly freeze it first.

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