

STEAK N' EGGS STIR-FRY

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 fat-free liquid egg substitute (like Egg Beaters Original)
- 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 substitute 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

Serving Size: 1/2 of the recipe

Nutrition Facts PER Serving

292 calories, 5g fat, 705mg sodium, 19g carbs, 4.5g fiber, 8.5g sugars, 42g protein