Broccoli and Beef Stir-Fry

1 pound lean beef steak, sliced diagonally across the grain into thin strips
1 tablespoon stir-fry sauce
1 clove minced garlic

1. Combine 1 tablespoon stir-fry sauce and minced garlic in a bowl. Add the beef strips. Let stand 15 minutes.

2. Heat 1 tablespoon canola oil in a large skillet or wok.

3. Add beef and stir fry for one minute. Remove beef from skillet.

4. Heat the remaining 3 tablespoons canola oil in the skillet or wok. Add vegetables. Stir-fry for four minutes or until vegetables are crisp-tender.

5. Return beef to skillet.

6. Add the remaining ½ cup stir-fry sauce and red pepper flakes. Cook and stir 1 to 2 minutes longer, until heated through.

Yield: 8, 1 cup servings
Nutrition Analysis: 180 calories; 10 g fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 630 mg sodium; 9 g carbohydrate; 2 g fiber; 3 g sugar; 15 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

Kentucky Broccoli

SEASON: May through early July; October through mid-November

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C, and phytochemicals, all of which have health benefits.

SELECTION: Choose tender, young, dark green stalks with tightly closed buds. One-and–a–half pounds of broccoli will yield 4, ½ cup servings.

STORAGE: Store broccoli, unwashed, no longer than 3 to 5 days in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam 6 to 8 minutes. Rinse with cold water and drain.

To boil: Place in a saucepan with 1 inch boiling water and ½ teaspoon salt. Cover and cook 5-7 minutes.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch water and cover with a glass lid or plastic wrap. Microwave 3 to 4 minutes or until crisp-tender.

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Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
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