



## Broccoli and Beef Stir-Fry

**1 pound** lean beef steak, sliced diagonally across the grain into thin strips  
**1 tablespoon** plus ½ cup stir-fry sauce  
**1 clove** minced garlic

**4 tablespoons** canola oil, divided  
**1** medium red onion, cut into ½ inch dice  
**1** sweet red pepper, cut into ½ inch dice  
**1** medium yellow

squash, cut into ¼ inch slices  
**2 cups** fresh broccoli florets  
**1 cup** cauliflower florets  
**½ teaspoon** crushed red pepper flakes

- 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.  
*90% recommended allowance for vitamin C.*

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

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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  
 University of Kentucky, Nutrition and Food Science students

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