



Whole Wheat Pasta and Beef Stir Fry

Serves 6

1 package whole wheat pasta
1 - 12 ounce steak, cut into thin strips
½ cup sliced onion
2 garlic cloves, minced
1 cup fresh broccoli
½ cup thinly sliced carrots
½ cup sprouts
½ cup snow peas
2 tbsp soy sauce
Zest of one orange
Juice from one orange
1 tbsp corn starch
1 tbsp extra virgin olive oil
Salt and freshly cracked pepper

1. Cook pasta as directed on package. Rinse and set aside when finished.
2. In a hot sauté pan add olive oil, onion and garlic. Sauté until fragrant.
3. Add beef and sauté until cooked through. (About 3 minutes)
4. In a small bowl combine soy sauce, orange zest, orange juice, and corn starch. Mix together and set aside.
5. Add broccoli, carrots, sprouts, and snow peas. Sauté for about 3 minutes or until heated through.
6. Add soy/orange mixture to stir fry mixture mix well to coat and allow to thicken. Remove from heat.
7. Place approximately 1 cup whole wheat noodles in the center of your plate. Spoon ½ cup of stir fry mixture over noodles. Salt and pepper to taste and enjoy.

Nutritional Analysis

Serving Size: 1 cup pasta, ½ cup stir fry mix, 2 oz meat

Calories	343
Fat	6g
Saturated Fat	1.5g
Monounsaturated Fat	3g
Cholesterol	25mg
Sodium	680mg
Carbohydrates	51g
Dietary Fiber	8g
Protein	24g
Potassium	569mg
Calcium	48mg

Diabetic Exchanges:

Protein	2
Fat	0.5
Carbohydrates	3