

# *Whole Wheat Pasta and Beef Stir Fry*

Courtesy Chef Bryan Woolley

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.

Servings :6

Serving Size: 1 cup pasta, ½ cup stir fry mix, 2 oz of meat	
Calories	343 kcals
Protein	24 g
Carbohydrate	51 g
Total Fat	6 g
Saturated Fat	1.5 g
Monounsaturated Fat	3 g
Cholesterol	25 mg
Sodium	680 mg
Fiber	8 g
Potassium	569 mg
Calcium	48 mg

Diabetic Exchanges

Protein	2
Fat	0.5
Carbohydrates	3