

Easiest Stir Fry

Serves 2+

2 teaspoons cornstarch

2 teaspoons soy sauce

1 Tablespoon brown sugar

1/2 pound beef sliced into thin 1" pieces

canola oil

1 cup asparagus sliced into 1" pieces

1/3 cup water

1 cup sliced red onion

2 garlic cloves minced

1 teaspoon grated ginger

1/2 cup light coconut milk

1 teaspoon lime juice

1 cup snow peas

1 cup diced red pepper

Directions:

1. Combine cornstarch, soy sauce, brown sugar and meat in a bowl. Toss well and set aside.
2. Heat 1 teaspoon oil in a large skillet over high heat. Add the meat mixture and saute until the meat is browned. Remove meat mixture from the pan and set aside.
3. Add 1 teaspoon oil to the empty skillet over high heat. Add the asparagus and saute lightly for 1 minute. Add water while scraping the bottom of the pan. (The water will pick up any browned bits from the pan.)
4. Add the red onion, garlic and ginger and saute 1 minute.
5. Add meat mixture, light coconut milk and lime juice. Bring to a simmer.
6. Add snow peas and red pepper. Cook an additional 30 seconds and serve.

Nutrition Info per serving: 390 cal, 26g protein, 19g fat (6g sat fat), 28g carbs, 5.5g fiber

*Recipe courtesy of **Christina Dimacali** of **Clean Your Plate** Chef Services and Instruction*