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## Steak & Asparagus Stir-fry

- 1 flank steak (1½ lb.)
- 1½ Tbsp. plus 2 tsp. cornstarch
- 3 Tbsp. soy sauce
- 3 Tbsp. vegetable oil
- 1 Tbsp. dry sherry
- 3 tsp. sugar
- 2 tsp. sesame oil
- 1 lb. asparagus, cut into 1½-in. lengths
- 4 medium carrots, thinly sliced
- 1 Tbsp. minced fresh ginger
- 2 cloves garlic, minced



1. Cut steak lengthwise (with the grain) into three strips and then crosswise into ¼-inch-thick slices.
2. In large bowl, blend 1½ tablespoons cornstarch with 2 tablespoons cold water. Add 1½ tablespoons soy sauce, 1 tablespoon vegetable oil and sherry, and 1 teaspoon sugar. Add meat, tossing to coat.
3. Meanwhile, in cup, mix 2 teaspoons cornstarch with 3 tablespoons cold water. Stir in 1½ tablespoons soy sauce and 2 teaspoons sugar and sesame oil. Set aside.
4. In large skillet, heat 2 tablespoons vegetable oil over high heat. Stir-fry asparagus and carrots 1 minute. Add ginger, garlic and 1 cup water. Cover and cook 2 minutes.
5. Stir in beef and marinade; cook 2 minutes. Add sauce; cook 2 minutes, until sauce is thickened.

Makes 6 servings

Per serving: 300 calories, 16 g fat, 12 g carbohydrates (2.2 g fiber), 26 g protein, 587 mg sodium

