

Recipe from Joy Bauer's Food Cures by Joy Bauer.
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Wok and Roll

Put your takeout habit on hold. Our yummy recipe is ready in minutes.

Orange-Beef Stir-Fry

Makes: 2 servings

Prep time: 20 minutes

Cook time: 10 minutes

- ½ pound top round steak
- ½ cup fat-free reduced-sodium beef broth
- 2 tablespoons reduced-sodium soy sauce
- ¼ cup orange juice concentrate
- 2 tablespoons lime juice
- 1 tablespoon sesame oil
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- 1 tablespoon cornstarch
- Nonstick cooking spray
- 1 tablespoon canola oil
- 3 small bell peppers (any color), thinly sliced
- 1 small Vidalia or red onion
- 1 cup broccoli florets
- 3 scallions, thinly sliced

1. Place steak in freezer until firm but not frozen, about 20 minutes. Cut against grain into thin slices.
2. In a large bowl, whisk together beef broth, soy sauce, orange juice concentrate, lime juice, sesame oil, garlic and ginger. Stir in cornstarch until no lumps remain. Set aside.
3. Coat a wok or large skillet with cooking spray. Add oil and warm over medium heat. Add peppers, onion and broccoli; cook, stirring, 4 to 5 minutes, until vegetables begin to soften. Increase heat to high and add steak. Cook, stirring, 3 to 4 minutes, until meat begins to brown.
4. Reduce heat to low and add broth mixture. Cook 2 to 3 minutes more, until sauce thickens and steak is no longer pink inside. Garnish with scallions and serve.

Nutrition facts per serving (about 2½ cups): 485 calories, 43 g protein, 32 g carbohydrate, 21 g fat (4 g saturated), 5 g fiber

HOT STUFF

Add red pepper flakes to the marinade. Spicy ingredients can help rev up metabolism, says Joy Bauer, R.D., the nutrition and health expert for the Today Show.

SLIM STRATEGY

"Using lean beef and minimizing the oil in the sauce cuts fat dramatically," Bauer says.

A FULL PLATE

Plenty of veggies pump up this dish. "Each portion is so generous, you don't even need to serve it with rice," Bauer says.

Delivery Disasters

"Chinese takeout is typically a nutritional nightmare," Bauer says, "especially if you're getting refined-wheat noodles or white rice, fatty meat, and vegetables drenched in greasy, salty sauce." Here is what's lurking in an order of these classic carryout meals.

Orange-peel chicken

999 calories, 45 g fat (9 g saturated)

Beef with broccoli

870 calories, 36 g fat (9 g saturated)

Sweet-and-sour pork

920 calories, 28 g fat (14 g saturated)