

SPICY BEEF & BROCCOLI STIR-FRY

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2 TBS dry sherry
2 TBS dark soy sauce
1 TBS grated peeled gingerroot
5-6 garlic cloves, minced
1 tsp Asian sesame oil
3/4 tsp crushed red pepper flakes, or to taste
1/2 lb beef tenderloin, cut into strips
1 tsp cornstarch
1 TBS vegetable oil
4 C chopped broccoli
3 scallions, thinly sliced

DIRECTIONS:

To prepare marinade: in gallon-size sealable plastic bag, combine sherry, soy sauce, gingerroot, garlic, sesame oil & pepper flakes - add beef. Seal bag, squeezing out the air - turn to coat beef. Refrigerate 1 hour, turning bag occasionally.

Drain marinade into measuring cup - add enough water to make 1/3 C liquid - add cornstarch & stir till it dissolves.

Heat large nonstick skillet or wok with a lid over high heat - add vegetable oil & beef - stir-fry till beef loses its red color (about 1 minute) - with slotted spoon, transfer to plate. Reduce heat slightly & add broccoli - stir-fry 3 minutes, then cover & steam 1 minute. Return beef to skillet & add marinade - increase heat to high and stir-fry till sauce thickens (2-3 minutes). Serve, sprinkled with scallions.

Makes 4 servings

(per serving: 207 calories; 11g total fat; 3g saturated fat; 44mg cholesterol; 573mg sodium, 8g total carbohydrates; 3g dietary fiber; 18g protein, 57mg calcium - WW points per serving: 4)