



Beef and Vegetable Stir Fry

3/4 pound lean beef boneless round steak
1 teaspoon vegetable oil
1/2 cup carrots, sliced
1/2 cup celery, sliced
1/2 cup onion, sliced
2 cups zucchini squash, cut in thin strips
1 tablespoon light soy sauce
1/8 teaspoon garlic powder
1 dash of pepper
1 tablespoon cornstarch
1/4 cup water

1. Trim all fat from steak. Slice steak into thin strips.
2. Heat oil in frying pan. Add beef strips and stir-fry over high heat. Reduce heat.
3. Add carrots, celery, onion, squash and seasonings and cook until vegetables are tender.
4. In a small cup, mix cornstarch and water until a smooth paste is formed. Add paste to beef mixture, stirring constantly. Cook until thickened.

Makes: 4 servings



Nutritional Information:

CALORIES 160 (28% from fat); FAT 5g (sat 1.5g);
IRON 10%; CHOLESTEROL 45mg; CALCIUM 4%;
CARBOHYDRATE 9g; SODIUM 210mg; PROTEIN 21g;
FIBER 2g

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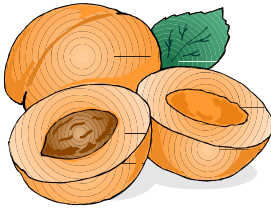


Peach Cinnamon Crisp

4 peaches (4 cups thinly sliced)
2 tablespoons butter
 $\frac{3}{4}$ cup quick-cooking oats
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup flour
2 teaspoons cinnamon
1 teaspoon lemon juice

1. Preheat oven to 375.
2. Slice peaches about 1/8" thick.
3. Melt butter.
4. In small bowl, combine all ingredients except peaches.
5. Place peaches in 9-inch baking pan and spread oat mixture on top.
6. Bake 20 minutes.

Makes: 6 servings



Nutritional Information:

CALORIES 182 (22% from fat); FAT 4.7g (sat 0.9g);
IRON 31%; CHOLESTEROL 0mg; CALCIUM 2%;
CARBOHYDRATE 34.7g; SODIUM 45mg; PROTEIN 2.4g;
FIBER 2.8g

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