



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 medium zucchini, cut in thin strips
- 1 tablespoon light soy sauce
- 1/8 teaspoon garlic powder
- 1 dash of pepper
- 1 tablespoon cornstarch
- 1/4 cup cold water

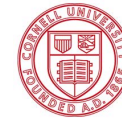


1. Trim all fat from steak. Slice steak into thin strips.
2. Heat oil in frying pan. Add beef strips and stir-fry over high heat. Reduce heat.
3. Add carrots, celery, onion, zucchini and seasonings and cook until vegetables are tender.
4. In a small cup, mix cornstarch and water until a smooth paste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

Makes: 4 servings

Nutrition Information:

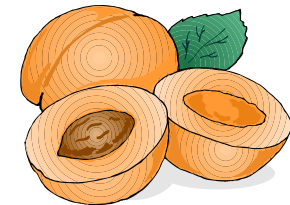
CALORIES 250 (90 from fat); FAT 8g (sat 2g); CHOLESTEROL 135mg; SODIUM 210mg; CARBOHYDRATE 11g; FIBER 2g; PROTEIN 31g; CALCIUM 4%; IRON 20%



Peach Cinnamon Crisp

- 4 peaches (4 cups sliced)
- 2 tablespoons butter
- 3/4 cup quick-cooking oats
- 1/2 cup sugar
- 1/4 cup flour
- 2 teaspoons cinnamon
- 1 teaspoon lemon juice

1. Preheat oven to 375°F.
2. Slice peaches.
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

Nutrition Information:

CALORIES 200 (45 from fat); FAT 5g (sat 2.5g); CHOLESTEROL 10mg; SODIUM 25mg; CARBOHYDRATE 39g; FIBER 3g; PROTEIN 3g; CALCIUM 2%; IRON 6%