Orange Beef Stir-Fry

POINTS® Value: 7
Servings: 4
Preparation Time: 22 min
Cooking Time: 8 min
Level of Difficulty: Easy

Serve this beef and vegetable stir-fry with steamed brown rice for a complete meal.

Ingredients

- 1 1/4 cup(s) fat-free chicken broth, reduced-sodium
- 3 tbsp low-sodium soy sauce
- 1 tsp McNeil Nutritionals SPLENDA No Calorie Sweetener
- 1/2 tsp orange extract, optional
- 1 spray(s) cooking spray
- 2 tbsp orange zest, freshly grated, or 1/4 cup fresh julienned orange peel*
- 1/4 cup(s) ginger root, fresh, peeled, julienned*
- 2 medium garlic clove(s), slivered
- 1/4 small crushed red pepper flakes
- 1 pound(s) lean sirloin beef, boneless, sliced against grain into 1/8-inch-thick strips
- 4 cup(s) sugar snap peas
- 1 tbsp arrowroot powder, dissolved in 1 Tbsp of water

Instructions

- Whisk broth, soy sauce, Splenda and orange extract together in a small bowl; set aside.

- Coat a large nonstick wok (or skillet) with cooking spray and set over medium-high heat. Add orange peel or zest, ginger and garlic; stir-fry until softened and aromatic, about 2 minutes. Add red pepper flakes and stir-fry 20 seconds.

- Add beef; stir-fry until lightly browned, about 2 minutes. Add sugar snap peas and continue stir-frying until crisp-tender, about 2 minutes.

- Pour in broth mixture and bring to a simmer; cover wok (or skillet) and cook 1 minute more.

- Stir in arrowroot mixture. Cook just until sauce thickens, about 5 to 10 seconds; immediately remove from heat and serve. Yields about 1 1/2 cups per serving.

Notes

*To 'julienne' means to cut into thin matchsticks. To julienne orange peel, press the peeled rind sections as flat as you can on a cutting board and slice them into long matchsticks. To julienne fresh ginger, cut the peeled stalk into thin, even slices and then cut each of these into matchsticks. If you like your food spicy, add 1 teaspoon of Chinese red chili paste to the recipe before serving.

You can swap sugar for the Splenda if you prefer (does not affect POINTS values).