

February

Healthy Recipe of the Month

EASY ASIAN STIR FRY



Don't let a hard and tiring work day keep you from making a healthy and delicious dinner. This Easy Asian Stir Fry recipe is complete with nutritious veggies and lean ground beef - an excellent source of protein, zinc, iron, and many B vitamins.

- 1 pound extra lean ground beef
- 1/2 tablespoon garlic salt
- 3/4 cup celery, sliced
- 1 cup bean sprouts
- 1/2 cup green onions, chopped
- 2 cups snow peas, cut into 1-inch pieces
- 2 cups green beans, cut into 1-inch pieces
- 3 tablespoons reduced sodium soy sauce

In a skillet over high heat, cook ground beef with garlic salt until beef is browned. Drain excess fat. Add all vegetables and cook until crisp and tender. Stir in soy sauce. Serve over brown rice.

Nutritional Information (per serving)

Calories 91; Fat 2.3g; Protein 12.5g; Carb. 5g; Fiber 2g; Calcium 27mg; Iron 2mg; Vitamin A (RE) 31mcg; Vitamin C 15mg,



This recipe is brought to you courtesy of WIC's *Lets Cook* recipe book. We will be highlighting healthy recipes each month.