



Hot Gingered Beef & Broccoli Salad

START TO FINISH 20 minutes

- 12 oz. boneless beef sirloin steak
- $\frac{2}{3}$ cup bottled light ginger vinaigrette salad dressing
- 3 cups broccoli florets
- 8 cups mixed spring salad greens or baby salad greens
- 1 medium red sweet pepper, seeded and cut into bite-size strips

1. Trim fat from meat. Thinly slice meat across the grain into bite-size strips; set aside.

2. In a large skillet or wok heat 2 tablespoons of the salad dressing over medium-high heat. Add broccoli; cook and stir for 3 minutes. Add meat. Cook and stir for 2 to 3 minutes more or until meat is slightly pink in center.

3. Transfer meat mixture to a large bowl; add salad greens and sweet pepper. Drizzle with the remaining salad dressing; toss gently to coat. **Makes 4 servings.**

PER SERVING 240 cal., 10 g fat (2 g sat. fat), 59 mg chol., 504 mg sodium, 13 g carb., 1 g fiber, 23 g pro.