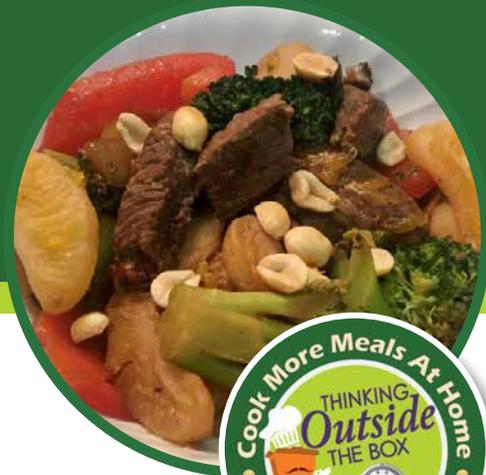


# THINKING OUTSIDE THE BOX

## MANDARIN BEEF STIR FRY



Stir fries help with increasing variety in the diet because it is more a type of cooking than a set recipe where you can use whatever protein and vegetables you have on hand. Beef, pork, chicken, shrimp, and tofu all work well for a quick stir fry dish. To sweeten it, you can add mandarin oranges or other fruits. Stir fries are also an easy way to use up fresh produce that may be on the verge of going bad, while also experimenting with a variety of spices. They are great for meal planning and cooking in bulk. Variety can increase by changing up what you serve them over, such as quinoa, rice, and or pasta. Aim to use a variety of colors in your creation as this will assist with assuring you consume the vitamins and minerals your body needs. It doesn't matter if you use fresh, canned or frozen produce, just be sure that the "processed ones", only list the produce item as the ingredient.

Saturated fat, which for the most part is the fat from animals and is typically solid at room temperature, consumption may increase certain heart disease risk factors such as an increase in LDL particles (Low Density Lipoproteins). These can be thought of as "loser cholesterol particles"; as put in lay terms, they are mainly the culprits that lead to cholesterol build up in the heart. The greater the number of LDL particles, the greater the risk of heart disease. As mentioned, saturated fats are found in animal products and tropical oils to include cheese, milk, butter, coconut and palm oil, and meats (beef, pork, poultry, etc.). By choosing lean meats for this dish, the saturated fats are lowered.

To further reduce the saturated fat, consider using more plant-based proteins. Use our dietitian approved recipes, as many have nutrition analysis and will assist you meeting the updated Dietary Guidelines for Americans recommendation to limit your total calorie intake from saturated fats (to include the items you eat and drink) to less than 10% each day. For healthy Americans over the age of 2, it is best to choose nonfat dairy products, especially liquid milk.

This meal highlights using both vegetables and fruit in a dish assisting you with making half your plate fruits and vegetables. If you haven't already, add the idea of stir fries to you eating pattern and use this dish to get you started on your way.

### DIETITIAN TIP

For those whose diets do include the consumption of animal products, the best way to limit saturated fat to the recommendation for a healthy eating pattern is to choose lean meats and nonfat dairy products most of the time, while also keep serving sizes in check. Use our dietitian approved recipes and thumb to guide you as we have done the work for you.

### MACROS / SERVING SIZE:

Protein 31 g | Fat 12 g | Carbs 23 g

### % CALORIES OF MACROS / SERVING SIZE:

Calories 304 | Protein 38 % | Fat 34 % | Carbs 28 %

### NUTRIENT / SERVING SIZE:

Fiber 4 g | Sodium 704 mg | Sat. Fat 3 g

### INGREDIENTS (Serves 4)

- 2 tbsp. sesame oil
- 1 lb. boneless beef (stew meat, London broil, round steak etc.), cut into ¼ inch strips
- 1 tsp. ginger powder
- 1-2 fresh garlic cloves, minced
- ¼ cup soy sauce
- 1 small red bell pepper, sliced
- 114 oz. can of no sugar added mandarin oranges, reserve 1/3 cup liquid
- 4 oz. fresh baby portabella mushrooms, sliced
- 5 oz. can water chestnuts, drained
- ¾-1 lb. fresh broccoli florets
- 1/3 cup unsalted peanuts or cashews (optional)

### DIRECTIONS:

1. Dice, slice, and prepare all produce prior to beginning and set aside.
2. Heat the oil in a pan over medium heat. Add the beef and onion and cook until the onions are nearly translucent about 5 minutes.
3. Add the soy sauce and spices. Bring to temperature and then add the broccoli and cook for one minute covered. Then add the remaining ingredients except for the mandarin oranges. If using nuts, add here.
4. Cover and cook for an additional 10 minutes or until the vegetables are of the desired tenderness. Add additional water 1-2 tbsp. at a time, to prevent burning. Toss occasionally.
5. To prevent overcooking, add the canned mandarin sections during the last three minutes of cooking.



A list of recipes on [commissaries.com/healthy living](https://commissaries.com/healthy-living) also has nutrition education.