

BEEFY POTATO SALAD WITH GREEN BEANS

Total preparation and cooking time: 25 to 30 minutes

Marinating time: 30 minutes to 2 hours

- 1 pound beef top sirloin *or* top round steak, cut
3/4 to 1 inch thick *or* flank steak**
- 1/2 cup prepared vinaigrette dressing with
Parmesan cheese, divided**
- 2 tablespoons vegetable oil, divided**
- 3 cups frozen cut green beans**
- 1 package (1-1/4 pound) refrigerated prepared
potato wedges**

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine 1/4 cup dressing and beef in medium bowl. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat until hot. Add green beans; stir-fry 5 minutes. Add remaining 1 tablespoon oil and potatoes; continue stir-frying 4 to 6 minutes or until potatoes and green beans are heated through and starting to brown. Remove from skillet; keep warm.
3. Heat same skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet; add to vegetable mixture. Repeat with remaining beef.
4. Add remaining 1/4 cup dressing to beef and vegetables; toss to coat thoroughly. Season with salt and pepper, as desired. Serve warm or at room temperature.

Makes 4 servings.

Cook's Tip: Four cups leftover cooked potato wedges may be substituted for refrigerated prepared potatoes. Prepare recipe as directed above.

Nutrition information per serving, using beef top sirloin steak: 491 calories; 22 g fat (4 g saturated fat; 7 g monounsaturated fat); 53 mg cholesterol; 394 mg sodium; 43 g carbohydrate; 5.1 g fiber; 32 g protein; 9.6 mg niacin; 1.0 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 3.1 mg iron; 30.4 mcg selenium; 5.4 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc, and a good source of iron.

Nutrition information per serving, using beef top round steak: 493 calories; 22 g fat (4 g saturated fat; 7 g monounsaturated fat); 65 mg cholesterol; 375 mg sodium; 43 g carbohydrate; 5.1 g fiber; 33 g protein; 7.0 mg niacin; 0.9 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 3.7 mg iron; 31.0 mcg selenium; 5.2 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

Nutrition information per serving, using beef flank steak: 494 calories; 23g fat (5 g saturated fat; 8 g monounsaturated fat); 457 mg cholesterol; 388 mg sodium; 43 g carbohydrate; 5.1 g fiber; 30 g protein; 9.0 mg niacin; 1.0 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.9 mg iron; 27.1 mcg selenium; 4.8 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc, and a good source of iron.