

**SIMPLE ASIAN BEEF SALAD**

*Total preparation and cooking time: 20 to 25 minutes*

*Marinating time: 30 minutes to 2 hours*

- 1 pound beef round tip steaks, cut 1/8 to 1/4 inch thick**
- 1/2 cup prepared Asian-style dressing**
- 3 cloves garlic, minced**
- 8 cups mixed salad greens**
- 2 tablespoons dry-roasted peanuts, chopped or wasabi green peas**

1. Stack beef steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Combine 2 tablespoons dressing, garlic and beef in medium bowl. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick 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. Repeat with remaining beef.
3. Using slotted spoon, add beef to salad greens. Add remaining 6 tablespoons dressing; toss to coat. Sprinkle with peanuts.

***Makes 4 servings.***

***Nutrition information per serving:** 280 calories; 14 g fat (3 g saturated fat; 3 g monounsaturated fat); 75 mg cholesterol; 347 mg sodium; 12 g carbohydrate; 2.8 g fiber; 27 g protein; 5.3 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 1.3 mcg vitamin B<sub>12</sub>; 3.5 mg iron; 27.0 mcg selenium; 4.6 mg zinc.*

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; and a good source of fiber and iron.