

ASIAN BEEF AND NOODLE SALAD

Pix No. 4694

Total preparation and cooking time: 30 to 35 minutes

Marinating time: 30 minutes to 2 hours

- 1 pound beef top round steak, cut 1 inch thick**
- 8 ounces uncooked whole wheat thin spaghetti**
- 8 ounces sugar snap peas**
- 2 cups shredded carrots**
- Salt and pepper**
- 2 tablespoons toasted sesame seeds (optional)**

Marinade:

- 1/2 cup prepared light Asian vinaigrette**
- 1/3 cup hoisin sauce**



1. Cut beef steak lengthwise in half, then crosswise into 1/4 to 1/8-inch thick strips. Combine marinade ingredients in small bowl. Place beef and 1/4 cup marinade in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours. Cover and reserve remaining marinade in refrigerator.
2. Cook pasta according to package directions, adding peas and carrots during last 1 to 2 minutes and cooking until vegetables are crisp-tender. Drain; place pasta and vegetables in large serving bowl. Set aside.
3. Meanwhile remove steak from marinade; discard marinade. 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.) Repeat with remaining beef. Season with salt and pepper, as desired.
4. Add beef with juices and reserved marinade to pasta and vegetables; toss to combine. Sprinkle with sesame seeds, if desired.

Makes 4 servings.

Cook's Tip: *One pound boneless beef top sirloin steak, cut 1-inch thick, may be substituted for beef top round steak.*

Nutrition information per serving, using top round: 523 calories; 11 g fat (3 g saturated fat; 2 g monounsaturated fat); 62 mg cholesterol; 728 mg sodium; 68 g carbohydrate; 10.8 g fiber; 38 g protein; 8.6 mg niacin; 0.6 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 5.5 mg iron; 72.8 mcg selenium; 6.3 mg zinc.

Nutrition information per serving, using top sirloin: 522 calories; 12 g fat (3 g saturated fat; 2 g monounsaturated fat); 50 mg cholesterol; 742 mg sodium; 68 g carbohydrate; 10.8 g fiber; 37 g protein; 11.2 mg niacin; 0.8 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 4.8 mg iron; 72.3 mcg selenium; 6.4 mg zinc.