

Asian Beef Salad

Ingredients:

- 1 Tbsp peanut oil
- 1 ½ pound flank steak, cut into 3-inch strips
- 2 medium garlic cloves, minced
- ½ cup rice vinegar
- 1 Tbsp oyster sauce, ready-to-serve
- 1 Tbsp low sodium soy sauce
- 1 tsp honey
- 6 cup romaine lettuce, torn
- ½ cup fresh chopped celery
- ½ cup chopped scallions
- 1 Tbsp sesame seeds

Directions:

1. Pour oil into a wok and heat over medium-high heat.
2. Arrange steak strips in wok and sauté until it is no longer pink. Stir in garlic and sauté 1 minute.
3. Whisk together vinegar, oyster sauce, soy sauce, and honey.
4. Pour over steak and let boil. Take wok off heat source.
5. In a serving bowl, mix together lettuce, celery, and scallions.
6. Arrange warm steak over salad and sprinkle with sesame seeds.

For Our Program:

Nutrition Information:

Servings = 6

Carbohydrates per serving = 1.7g