

## Italian Beef Stir Fry

**Serves: 4**

### Ingredients

1 pound beef round tip steaks, 1/8-inch or 1/4-inch thick	1 cup cherry tomato halves
2 cloves garlic, crushed	1/4 reduced-fat bottled Italian salad dressing
1 Tbsp. olive oil	2 cups hot cooked spaghetti
2 small zucchini, thinly sliced	1 Tbsp. grated Parmesan cheese

Cut beefsteaks lengthwise in half and then crosswise into 1-inch wide strips.

Stir garlic in oil in large non-stick skillet over medium-high heat 1 minute. Add beef (half at a time) and stir fry 1 to 1 1/2 minutes or until outside surface is no longer pink. Season with salt and pepper. Remove with slotted spoon; keep warm.

Add zucchini to same skillet with tomato halves and dressing; heat through.

Serve beef mixture over hot pasta; sprinkle with cheese.

Per serving: 300 calories, 32 g protein, 25 g carbohydrates, 9 g fat, 2 g saturated fat, 4.2 mg iron, 453 mg sodium, 78 mg cholesterol.