



Sweet Rutabaga Stir Fry

Serves 4

1 Tbsp. light sesame oil
1 small onion, sliced lengthwise into crescents
1 red pepper, cut into strips

1½ cups rutabaga, cut into strips
¾ tsp. grated fresh ginger
¾ cup apple cider
1½ cups cooked lean beef, cut into strips*
salt and pepper to taste

Set a wok over medium-high heat. Add sesame oil and swirl to coat the inside of pan. Add onion and stir-fry for 3 minutes or until it softens and appears translucent. Add the rutabaga and pepper; continue cooking for 3 to 4 more minutes. Stir in ginger and cider; bring the liquid to a simmer. Reduce heat; cover and cook, stirring occasionally for 5 minutes. Add beef and continue to cook 5 to 10 minutes more, or until the meat is heated through and the vegetables are tender. Add salt and pepper to taste.

*Precooked fajita beef is available at most grocery stores and can be used in this recipe

Per serving: 220 calories, 9 g fat, 19 g protein, 15 g carbohydrate, 3 g fiber, 650 mg sodium