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# **BEST FOODS for Runners**






# 30 Best Foods for Runners

How to fuel your run







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**T**HE FOLLOWING 30 foods will give you all the nutrients you need to run faster, recover quicker, and feel more energized all day long. Most are low-fat, so they're good for your waistline, too. What's more, many studies show that these tasty treats will reduce your risk of heart disease and cancer. Since they're easy to prepare, you'll have plenty of time for your workouts as well as healthful meals.







	FOOD	NUTRIENTS	BENEFITS	SERVING SUGGESTIONS
	<b>Almonds</b> 1 ounce (about 24 almonds)	Carb: 5.5 g Pro: 5.9 g Fat: 14.4 g Cal: 172	Loaded with the antioxidant vitamin E, which may help reduce muscle damage as well as fend off age-related diseases. Also contain important minerals such as magnesium, iron, calcium, and potassium plus heart-healthy monounsaturated fat.	Make a trail mix of almonds, cereals, and assorted dried fruits and seeds.
	<b>Bagels</b> One plain bagel	Carb: 37.6 g Pro: 7.5 g Fat: 1.5 g Cal: 197	Packed with muscle-fueling carbohydrate.	If you have a bagel before running, eat it either plain or with jelly. Avoid adding fat, such as cream cheese, which slows digestion.
	<b>Bananas</b> One medium banana	Carb: 26.7 g Pro: 1.2 g Fat: 0.5 g Cal: 105	Chock-full of carbohydrate, a nice dose of potassium, and vitamin B <sub>6</sub> .	Combine with peanut butter, another runner-friendly food. Or make the <b>Power Breakfast</b> (p. 8) or <b>Grilled Banana Sandwiches</b> (p. 8).
	<b>Beans (legumes)</b> 1 cup	Carb: 40.8 g Pro: 15.2 g Fat: 0.9 g Cal: 227	Best source of protein, iron, and soluble fiber for vegetarians. High in carbohydrate and folate (folic acid), which may prevent birth defects during pregnancy and fight heart disease.	Add canned black beans, chickpeas, or kidney beans to soups and salads. Or make <b>Minestrone</b> (p. 9)
	<b>Breakfast cereal</b> <sup>3</sup> / <sub>4</sub> cup (such as Multi Grain Cheerios)	Carb: 15 g* Pro: 2 g* Fat: 1.5 g* Cal: 75*	Packed with carbohydrate and fiber, fortified with vitamins and minerals.*  *Amounts vary by type of cereal	Eat with 1% milk or mix with low-fat yogurt and fruit.
	<b>Broccoli</b> <sup>1</sup> / <sub>2</sub> cup	Carb: 2.3 g Pro: 1.3 g Fat: 0.2 g Cal: 22	Great source of vitamin C (may reduce exercise-induced muscle damage). Also a good source of folate, calcium, and vitamin K (bone-builders) and cancer-fighting phytochemicals.	Steam broccoli, and squeeze some lemon over it. Or make <b>Beef, Broccoli &amp; Cashew Stir-Fry with Brown Rice</b> (p. 11).
	<b>Brown rice</b> 1 cup	Carb: 45 g Pro: 5 g Fat: 1.8 g Cal: 216	Powerful carbohydrate punch plus a wealth of antioxidants.	Cook a bunch and freeze it. That way, you only need to add 2 tablespoons of liquid per cup, thaw, and microwave it. Use it in <b>Beef, Broccoli &amp; Cashew Stir-Fry with Brown Rice</b> (p. 11).



	FOOD	NUTRIENTS	BENEFITS	SERVING SUGGESTIONS
	<b>Canola oil</b> 1 tablespoon	Carb: 0 g Pro: 0 g Fat: 14 g Cal: 124	Great source of monounsaturated fat and omega-3 fatty acids, both of which lower your risk of heart disease. For optimal performance, runners need to obtain 30% of their calories from fat.	Use canola oil instead of other fats, such as butter and margarine, when cooking or baking. Use it in <b>Beef, Broccoli &amp; Cashew Stir-Fry with Brown Rice</b> (p. 11).
	<b>Chocolate</b> 1 ounce	Carb: 17 g Pro: 2 g Fat: 9 g Cal: 160	Contains the same phytochemicals found in red wine that are known to fight heart disease.	Stick with dark chocolate, since it contains more phytochemicals than milk chocolate. (White chocolate doesn't contain any.)
	<b>Clams</b> 3 ounces, chopped	Carb: 4.4 g Pro: 21.7 g Fat: 1.7 g Cal: 126	An excellent source of low-fat protein, iron, and zinc, an immunity-boosting mineral that's notoriously low in many runners' diets. Be sure you're consuming the 15 mg of zinc you need each day.	Drain and rinse canned clams, which actually have less fat and cholesterol than the steamed version. Add them to spaghetti sauce or use them in <b>Seafood Stew</b> (p. 10).
	<b>Fig bars</b> Two small fig bars	Carb: 20 g Pro: 1 g Fat: 2.5 g Cal: 110	Great high-carbohydrate snack that satisfies your sweet tooth without packing fat into your arteries.	Eat them right out of the package.
	<b>Flaxseed (ground)</b> 1 tablespoon	Carb: 4.1 g Pro: 2.3 g Fat: 4 g Cal: 59	High in alpha-linolenic acid, a type of fat that can boost immunity, bloodflow, and possibly even endurance. Flax also keeps your platelets (flat cells in your blood) from clumping together and forming dangerous clots.	Use ground flaxseed when baking muffins, or mix flaxseed oil into your salad dressings. (Store flaxseed in your refrigerator to keep it from turning rancid.) Add it to the <b>Power Breakfast</b> (p. 8).
	<b>Ginger root (fresh, grated)</b> 1 teaspoon	Carb: 1.4 g Pro: 0.2 g Fat: 0.1 g Cal: 7	Besides settling your stomach, this spice may act as a natural anti-inflammatory, reducing joint and muscle pain. It also may prevent heart attacks by thinning your blood.	Look for dense roots. Grate the root for stir-fry dishes, cold salads, and smoothies. Or use it in <b>Beef, Broccoli &amp; Cashew Stir-Fry with Brown Rice</b> (p. 11).

	FOOD	NUTRIENTS	BENEFITS	SERVING SUGGESTIONS
	<b>Kiwifruit</b> 1 medium kiwi	Carb: 11.3 g Pro: 0.8 g Fat: 0.3 g Cal: 46	Excellent source of vitamin C, high in potassium.	A peeled kiwi makes a great snack after a run on a hot day.
	<b>Milk (1%)</b> 8 ounces	Carb: 11.7 g Pro: 8 g Fat: 2.6 g Cal: 102	The easiest way to get high amounts of calcium—crucial for bone-mineral formation, muscle contraction, and nerve conduction. Also helps prevent stress fractures, shin splints, and possibly muscle cramps.	Drink it straight or pour it over your favorite high-fiber cereal. Try the <b>Power Breakfast</b> (p. 8). If you're lactose intolerant, use reduced-lactose milk or milk with live cultures. (Avoid milk just before running because it can cause side stitches.)
	<b>Oatmeal</b> ½ cup	Carb: 27.3 g Pro: 5.5 g Fat: 3 g Cal: 148	A great breakfast food for those trying to lose weight. Oatmeal's high amount of water-soluble fiber makes you feel full and lowers your blood cholesterol. Also high in carbohydrate and iron.	Oatmeal is perfect before a long run, as it provides slow-release carbohydrates to your bloodstream. Make it more nutritious by adding dried or fresh fruit. Try the <b>Power Breakfast</b> (p. 8).
	<b>Oranges</b> One orange	Carb: 15.2 g Pro: 1.3 g Fat: 0.1 g Cal: 60	Excellent source of the antioxidant vitamin C (may help speed muscle recovery after exercise), folate (helps maintain optimal levels of hemoglobin in red blood cells), and pectin (helps control blood sugar levels and keep LDL cholesterol from turning into plaque).	Gulp down a large glass of orange juice after a run. Or use the fruit in the <b>Power Salad</b> (p. 10). You'll replenish your muscles with carbohydrate, boost your immune system with vitamin C, and rehydrate your body with fluid.
	<b>Pasta</b> 2 ounces	Carb: 42 g Pro: 7.6 g Fat: 1.1 g Cal: 210	Famous as the quintessential carbo-loader, pasta is low in fat and a great source of folate, which decreases your risk of heart disease. Also a great vehicle for other good-for-you foods like tomato sauce, tofu, and clams.	Enjoy pasta with a low-fat marinara sauce for the perfect prerace entrée. Or try <b>Minestrone</b> (p. 9).
	<b>Peanut butter</b> 2 tablespoons	Carb: 6.9 g Pro: 7.7 g Fat: 16 g Cal: 188	Good source of vitamin E, probably the most powerful antioxidant. The fats in peanut butter are mostly monounsaturated and polyunsaturated, which are the heart-healthy kinds.	Try peanut butter on fresh apples, bananas, or canned pears. Try <b>Grilled Banana Sandwiches</b> (p. 8).

	FOOD	NUTRIENTS	BENEFITS	SERVING SUGGESTIONS
	<b>Pretzels</b> 1 ounce	Carb: 22.5 g Pro: 2.6 g Fat: 1 g Cal: 108	Hard or soft, they're high in carbohydrate and low in fat. Even salted pretzels are fine for those who don't have high blood pressure, as the sodium helps you retain the fluid you drink before and after running.	Keep a bag of pretzels at work and on the kitchen counter at home. And make sure you drink plenty of water or fruit juice with them.
	<b>Raisins</b> $\frac{2}{3}$ cup	Carb: 79 g Pro: 3.4 g Fat: 0.5 g Cal: 302	High in carbohydrate and low in fat, this convenient snack supplies plenty of potassium as well as some iron. Like grapes, raisins also contain an abundance of heart-healthy phytochemicals.	Sprinkle them on your cereal, add them to yogurt, or simply snack on them throughout the day. Or use them in <b>Golden Cauliflower &amp; Tofu Curry</b> (p. 9).
	<b>Red bell peppers</b> $\frac{1}{2}$ cup, chopped	Carb: 3.2 g Pro: 0.4 g Fat: 0.1 g Cal: 14	Supply more immunity-boosting vitamin C than oranges. Also loaded with carotenes, a family of plant pigments known to fight heart disease and cancer.	Use them as a colorful addition to any pasta dish or salad, or cut them up and take them to work for a snack. Or use them in <b>Golden Cauliflower &amp; Tofu Curry</b> (p. 9), <b>Beef, Broccoli &amp; Cashew Stir-Fry with Brown Rice</b> (p. 11), or <b>Seafood Stew</b> (p. 10).
	<b>Salmon</b> 3 ounces	Carb: 0 g Pro: 22 g Fat: 3.8 g Cal: 127	Outstanding source of omega-3 fatty acids, which boost the immune system and cut the risk of heart disease. Provides lots of protein and vitamin B <sub>12</sub> .	Grill salmon and top it with a fruit salsa of sliced kiwi, papaya, cilantro, and a jalapeño pepper. The salsa provides important antioxidants as well as fiber.
	<b>Spinach</b> $\frac{1}{2}$ cup	Carb: 1 g Pro: 0.8 g Fat: 0.1 g Cal: 6	High in carotenes, calcium, and iron—a true “power food.” The carotenes help ward off age-related diseases as well as protect your muscles from damage. The calcium keeps your bones strong. The iron keeps your energy high.	Sneak cooked spinach into lasagna and other casseroles. Make sure to eat something acidic or high in vitamin C, such as tomatoes or oranges, along with your spinach to increase iron absorption. Cook it in <b>Minestrone</b> (p. 9) or <b>Seafood Stew</b> (p. 10), or eat it fresh in the <b>Power Salad</b> (p. 10).

	FOOD	NUTRIENTS	BENEFITS	SERVING SUGGESTIONS
	<b>Steak</b> 3.5 ounces	Carb: 0 g Pro: 27 g Fat: 16.4 g Cal: 263	Lean red meat is your best source of absorbable iron. Skimping on red meat can lead to iron deficiency, low energy levels, and poor running performance.	Make fajitas by marinating flank or round steak, which tend to be lower in fat than other cuts. Chop the steak up with some tomatoes, onions, and peppers, and toss it on the grill. Once it's cooked and cooled, wrap it in a tortilla. Or make <b>Beef, Broccoli &amp; Cashew Stir-Fry with Brown Rice</b> (p. 11).
	<b>Strawberries</b> 1 cup	Carb: 10.5 g Pro: 0.9 g Fat: 0.6 g Cal: 45	High in vitamins, especially beta-carotene, vitamin C, and folate. Loaded with ellagic acid, a powerful antioxidant that can inhibit tumor growth.	Mix strawberries and other berries into a fruit salad, or blend them with milk or yogurt for a nutritious post-run shake. Use them in the <b>Power Salad</b> (p. 10).
	<b>Sweet potatoes</b> One baked sweet potato	Carb: 27.7 g Pro: 2 g Fat: 0.1 g Cal: 117	Packed with carbohydrate, fiber, and carotenes, a family of antioxidants that prevents cancer.	Microwave until it's soft to the touch (about 4 minutes), split it open, and add a pinch of brown sugar and cinnamon plus a touch of butter or low-fat yogurt. Or use in <b>Golden Cauliflower &amp; Tofu Curry</b> (p. 9).
	<b>Tofu</b> 1/2 cup	Carb: 5.4 g Pro: 19.9 g Fat: 11 g Cal: 183	One of the best non-meat protein sources, tofu also supplies a decent dose of bone-building calcium and B vitamins.	Try tofu in pasta sauces and stir-fry dishes. It's refrigerated in the produce department of your grocery store. Or try it in <b>Golden Cauliflower &amp; Tofu Curry</b> (p. 9).
	<b>Whole grain bread</b> One slice	Carb: 12.9 g Pro: 2.7 g Fat: 1.2 g Cal: 69	High in carbohydrate, whole grain bread contains many of the same healthy phytochemicals found in fruits and vegetables. Most whole grains contain B vitamins, and some come with iron added.	Use whole grain bread for sandwiches. Try it in <b>Grilled Banana Sandwiches</b> (p. 8).
	<b>Yogurt</b> 8 ounces	Carb: 17.4 g Pro: 13 g Fat: 0.4 g Cal: 127	Terrific source of muscle-fueling carbohydrate, protein, and calcium. Look for yogurts that list "live and active cultures" on the label, as they may boost immunity.	Add your own fresh fruit and granola to plain, nonfat yogurt to create a snack loaded with vitamin C, fiber, and other nutrients. Have it in the <b>Power Breakfast</b> (p. 8).

# Performance Menus

When should you eat these “best foods” to guarantee optimum performance? That depends on when you run. If you run after work, for instance, you should eat most of your calories midday to fuel your run. On the other hand, if you run at lunch, you should fuel up with a big breakfast. And if you run in the morning, a big dinner the night before works best.

Here's how you can fit these foods into your daily regimen:

## MORNING RUN

- 6:00 A.M. → Sports drink
- 6:20 A.M. → **RUN**
- 7:00 A.M. → Cereal with 1% milk and fruit
- 10:00 A.M. → Fig bar and a glass of water
- NOON → Power Salad (p. 10), cup of yogurt
- 6:00 P.M. → OPTION 1: Beef, Broccoli & Cashew Stir-Fry with Brown Rice (p. 11)  
OPTION 2: Golden Cauliflower & Tofu Curry (p. 9)

## LUNCH RUN

- 7:00 A.M. → OPTION 1: Power Breakfast (p. 8)  
OPTION 2: Grilled Banana Sandwiches (p. 8), fruit, and a glass of 1% milk
- 10:00 A.M. → Fig bar and a glass of water
- NOON → **RUN**
- 1:00 P.M. → Sandwich with turkey breast, cranberry sauce, lettuce, and tomato on whole grain bread, served with a side of mixed fruit and some pretzels
- 7:00 P.M. → Grilled fish and a side salad

## EVENING RUN

- 7:00 A.M. → Oatmeal with fruit and yogurt
- NOON → OPTION 1: Minestrone (p. 9)  
OPTION 2: Seafood Stew (p. 10)
- 3:00 P.M. → Pretzels
- 5:30 P.M. → **RUN**
- 7:00 P.M. → Tofu, broccoli, and brown rice stir-fry with a sweet potato





## Power Breakfast

NUMBER OF BEST FOODS: 6

- 1 egg
- 1 cup 1% milk
- $\frac{3}{4}$  cup plain instant oatmeal
- $\frac{1}{2}$  cup mixed berries
- 1 Tbsp chopped pecans or sliced almonds
- 1 tsp vanilla whey protein powder
- 1 tsp ground flaxseed
- $\frac{1}{2}$  banana, sliced
- 1 Tbsp plain yogurt

Whisk everything but the banana and yogurt in a microwavable bowl. Microwave for 2 minutes or until set. Let cool for a minute or two. Top with the banana and yogurt.

**MAKES 1 SERVING**

**PER SERVING:** 570 CALORIES, 80 G CARB, 11 G FIBER, 29 G PROTEIN, 18 G FAT (4.5 G SATURATED), 200 MG SODIUM



## Grilled Banana Sandwiches

NUMBER OF BEST FOODS: 3

- 1 large banana
- $1\frac{1}{2}$  Tbsp low-fat whipped cream cheese
- $1\frac{1}{2}$  Tbsp peanut butter
- 1 Tbsp honey
- Pinch of salt
- 4 slices whole grain bread

**1.** Cut off one-quarter of the banana and mash in a bowl with a fork; stir in the cream cheese, peanut butter, honey, and salt. Spread over 2 bread slices.

**2.** Coat a large skillet with cooking spray and place over medium-high heat. Slice the remaining banana in half lengthwise and then in half crosswise. Place the banana halves in the pan and cook until caramelized. Arrange the bananas over the cream cheese and top with the remaining bread.

**3.** Wipe out the skillet, add a spritz more cooking spray, and place over medium heat. Add the sandwiches and cook until browned on each side.

**MAKES 2 SERVINGS**

**PER SERVING:** 320 CALORIES, 50 G CARB, 6 G FIBER, 11 G PROTEIN, 10 G FAT (2 G SATURATED), 320 MG SODIUM



## Minestrone

NUMBER OF BEST FOODS: 3

- 2 Tbsp extra-virgin olive oil
- 1 large onion, diced
- 1 cup diced celery
- 5 large carrots, thinly sliced
- 2 cloves garlic, chopped
- 1/2 tsp dried oregano
- 1/2 tsp black pepper
- 1 can (15.5 oz) cannellini beans, rinsed and drained
- 1 can (15 oz) red kidney beans, rinsed and drained
- 2 cans (14.5 oz) diced tomatoes
- 2 cans (16 oz) low-sodium chicken broth
- 1 package whole wheat rotini or similar pasta
- 1 package (10 oz) frozen spinach, thawed and squeezed dry

**1.** In a large pot set over high heat, combine the oil, onion, celery, carrots, garlic, oregano, and pepper. Cover and cook, stirring occasionally, for 5 minutes. Add the beans, tomatoes (with juice), and broth. Bring almost to a boil. Reduce the heat to low. Cover partially and simmer for 1 hour.

**2.** Cook the pasta according to the package directions. Add the pasta and spinach to the pot and stir. Heat on high for 10 minutes.

**MAKES 10 SERVINGS**

**PER SERVING:** 247 CALORIES, 46 G CARB, 8 G FIBER, 7 G PROTEIN, 1 G FAT (0.5 G SATURATED), 364 MG SODIUM



## Golden Cauliflower & Tofu Curry

NUMBER OF BEST FOODS: 4

- 1 Tbsp canola oil
- 1 red onion, halved and sliced
- 1 clove garlic, finely chopped
- 2 Tbsp curry powder
- 1/2 tsp cinnamon
- 1 1/2 cups unfiltered apple juice
- 2 cups cauliflower florets
- 1 carrot, sliced
- 14-16 oz firm tofu, pressed, cut into 1" cubes
- 2 cups diced eggplant
- 1 red bell pepper, chopped
- 1 orange-fleshed sweet potato, peeled and sliced
- 1 small zucchini, sliced
- 1/2 cup raisins
- Salt and freshly ground pepper

**1.** In a large Dutch oven, heat the oil over medium-high heat. Add the onion and sauté 2 minutes. Add the garlic and sauté 1 minute. Mix in the curry powder and cinnamon and cook until fragrant, 30 to 60 seconds.

**2.** Add the apple juice, cauliflower, and carrots. When the liquid boils, reduce the heat to a simmer, cover, and cook 10 minutes.

**3.** Meanwhile, coat a large, heavy skillet with cooking spray. Add the cubes of tofu in 1 layer, and cook, turning the cubes with tongs, until golden and crisp on four sides, 2 minutes per side.

**4.** Add the tofu, eggplant, red pepper, sweet potato, zucchini, and raisins to the cauliflower. Cover and simmer until the vegetables are tender but still hold their shape, 20 to 25 minutes. Season to taste with salt and pepper.

**MAKES 6 SERVINGS**

**PER SERVING:** 312 CALORIES, 46 G CARB, 8 G FIBER, 16 G PROTEIN, 10 G FAT (2 G SATURATED), 119 MG SODIUM



## Seafood Stew

NUMBER OF BEST FOODS: 3

- 1 Tbsp olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1 clove garlic, minced
- 1 can (28 oz) diced tomatoes
- 1 can (28 oz) tomato sauce
- 1/4 cup dry red wine
- 1/4 cup chopped parsley
- 1 tsp Worcestershire sauce
- 1/2 tsp dried oregano
- 1 tsp red-pepper flakes
- 8 oz bay scallops
- 8 oz medium shrimp, peeled and deveined
- 1 can (10 oz) whole clams
- 1 package baby spinach

**1.** Heat the oil in a Dutch oven or large pot over medium-high heat. Add the onion, bell pepper, and garlic. Sauté for 5 minutes or until the onion is tender.

**2.** Dump in the tomatoes (with juice), tomato sauce, wine, parsley, Worcestershire, oregano, and pepper flakes. Stir well. Bring to a boil over medium heat and then simmer, covered, for 20 minutes, stirring occasionally.

**3.** Add the scallops, shrimp, and clams. Bring to a boil; reduce the heat. Stir. Simmer for 8 minutes or until the scallops are tender and the shrimp turn pink. During the last minute of cooking, add the baby spinach.

**MAKES 6 SERVINGS**

**PER SERVING:** 288 CALORIES, 22 G CARB, 4.5 G FIBER, 37 G PROTEIN, 5 G FAT (1 G SATURATED), 1,380 MG SODIUM



## Power Salad

NUMBER OF BEST FOODS: 3

### SALAD

- 1 1/2 cups chopped baby spinach
- 1 1/2 cups chopped romaine lettuce
- 3 slices prosciutto, chopped
- 1/2 cup mandarin orange slices
- 1/3 cup sliced strawberries
- 2 Tbsp diced red onion

### DRESSING

- 1 1/2 tsp extra virgin olive oil
- 1 Tbsp red wine vinegar
- 1/2 clove garlic, minced
- 1/8 tsp black pepper

Mix the salad ingredients in a bowl. Mix the dressing in another bowl and pour over the salad. Toss to coat.

**MAKES 1 SERVING**

**PER SERVING:** 238 CALORIES, 23 G CARB, 6 G FIBER, 9 G PROTEIN, 14 G FAT (4 G SATURATED), 450 MG SODIUM





## Beef, Broccoli & Cashew Stir-Fry with Brown Rice

NUMBER OF BEST FOODS: 6

- |   |   |
|---|---|
| 3 Tbsp reduced-sodium soy sauce   | 2 Tbsp peanut or canola oil                         |
| 1 Tbsp rice wine vinegar  | 3 cloves garlic, thinly sliced                      |
| 1/4 tsp crushed red-pepper flakes   | 2 Tbsp thin matchstick strips peeled fresh ginger   |
| 12 oz trimmed boneless beef top round, cut across the grain into thin slices, slices cut into 1" bite-size pieces           | 1 large red bell pepper, cut into thin strips       |
| 2 whole stalks broccoli, cut into small florets and stems halved lengthwise and very thinly sliced crosswise (about 5 cups) | 2 Tbsp unsalted cashews                             |
| 1/3 cup reduced-sodium, fat-free chicken broth  | 2 cups prepared instant brown rice (without butter) |
| 1 Tbsp cornstarch   |   |

**1.** In a medium bowl, combine the soy sauce, vinegar, and red-pepper flakes. Add the beef and toss to mix. Let stand at room temperature for 30 minutes.

**2.** Meanwhile, place a steamer basket in a large pot with 2" of water. Bring to a boil over high heat. Place the broccoli in the basket, cover, and steam for 6 to 8 minutes, or until crisp-tender. Remove the broccoli from the steamer and rinse briefly under cold running water. Set aside.

**3.** Drain the beef, reserving the marinade. Mix the broth and cornstarch in a cup.

**4.** In a large, deep nonstick skillet, warm 1 tablespoon of the oil over medium-high heat until hot but not smoking. Add the garlic and ginger and stir-fry for 30 seconds, just until fragrant; do not brown. Add half the drained beef strips and stir-fry about 2 minutes, or just until no longer pink; transfer to a clean plate. Repeat with the remaining beef strips.

**5.** Add the remaining tablespoon of oil to the skillet. Add the bell pepper and stir-fry until just crisp-tender, about 2 minutes.

**6.** Return the beef and any juices, the reserved marinade, and the steamed broccoli to the skillet. Toss to mix. Stir-fry about 2 minutes, or until heated through. Stir the cornstarch mixture again; add to the skillet and cook, stirring, until the mixture boils and thickens. Remove from the heat and sprinkle with the cashews. Serve over the rice.

**MAKES 4 SERVINGS**

**PER SERVING:** 375 CALORIES, 34 G CARB, 3 G FIBER, 24 G PROTEIN, 15 G FAT (4 G SATURATED), 534 MG SODIUM

Before you undertake a new health program or fitness regimen, we encourage you to discuss your plans with your health care professional, especially if you have not exercised for several years, are over 35, or are overweight.

The information here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment prescribed by your doctor. If you suspect that you have a medical problem, please seek competent medical care.

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