**Beef and Vegetable Stir Fry**

3/4 pound lean beef boneless round steak  
1 teaspoon vegetable oil  
1/2 cup carrots, sliced  
1/2 cup celery, sliced  
1/2 cup onion, sliced  
2 medium zucchini, cut in thin strips  
1 tablespoon light soy sauce  
1/8 teaspoon garlic powder  
1 dash of pepper  
1 tablespoon cornstarch  
1/4 cup cold water

1. Trim all fat from steak. Slice steak into thin strips.  
3. Add carrots, celery, onion, zucchini and seasonings and cook until vegetables are tender.  
4. In a small cup, mix cornstarch and water until a smooth paste is formed. Add paste to beef mixture, stirring constantly. Cook until thickened.

Makes: 4 servings  
Nutrition Information:  
CALORIES 250 (90 from fat); FAT 8g (sat 2g); CHOLESTEROL 135mg; SODIUM 210mg; CARBOHYDRATE 11g; FIBER 2g; PROTEIN 31g; CALCIUM 4%; IRON 20%

**Peach Cinnamon Crisp**

4 peaches (4 cups sliced)  
2 tablespoons butter  
3/4 cup quick-cooking oats  
1/2 cup sugar  
1/4 cup flour  
2 teaspoons cinnamon  
1 teaspoon lemon juice

1. Preheat oven to 375°F.  
2. Slice peaches.  
3. Melt butter.  
4. In small bowl, combine all ingredients except peaches.  
5. Place peaches in 9-inch baking pan and spread oat mixture on top.  
6. Bake 20 minutes.

Makes: 6 servings  
Nutrition Information:  
CALORIES 200 (45 from fat); FAT 5g (sat 2.5g); CHOLESTEROL 10mg; SODIUM 25mg; CARBOHYDRATE 39g; FIBER 3g; PROTEIN 3g; CALCIUM 2%; IRON 6%