Italian Beef Stir-Fry

1 1/2 cups uncooked bow-tie pasta
1 Tablespoon canola oil
1 lb. beef sirloin steak, sliced thin
2 cloves garlic, minced
1/4 teaspoon black pepper
8 oz. button mushrooms, sliced

1 cup cherry tomatoes, halved
1/4 cup light Italian dressing
1 Tablespoon grated parmesan cheese
1 Tablespoon chopped fresh parsley
(optional)

Instructions: In a large pot, cook pasta according to package directions, but do not add salt to cooking water. Drain cooked pasta and toss with Italian dressing; cover and keep warm. Heat oil in large nonstick skillet over medium-high heat. Place beef strips in skillet and stir-fry until outside surface is no longer pink. Do not overcook. Remove to a plate and cover to keep warm. In same skillet, add garlic, pepper and mushrooms and stir-fry for 2–3 minutes. Add tomatoes and beef. Heat through. Spoon beef mixture over pasta. Sprinkle with cheese and parsley. Serve immediately.

Yield: 4 servings

Nutrition Facts (per serving): 350 calories, 12 grams fat, 230 milligrams sodium, 28 grams carbohydrate, 2 grams fiber, 32 grams protein