



AMERICAN INSTITUTE FOR CANCER RESEARCH

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There are many other simple ways to assemble a one-dish salad with a balanced and colorful combination of protein and vegetables or fruit, plus the complex carbohydrates of whole grains and beans.

- 2 tablespoons black or white sesame seeds
- 3 leaspoons roasted sesame oil, divided
- $\frac{1}{2}$ pound lean beef, cut in thin strips for stir-fry
- 1 large red onion, thinly sliced
- 1 large carrot, halved lengthwise and cut diagonally into 1-inch slices
- 12 tablespoons minced garlic, or to taste
- 1 small zucchini, halved lengthwise and cut diagonally into 1-inch slices
- $\frac{1}{2}$ cup canned sliced mushrooms, drained
- $\frac{1}{4}$ cup fat-free, reduced-sodium beef broth
- 2 packages (3½ or 4 rice noodles)
- 5 cups boiling water
- 2 tablespoons reduced-sodium soy sauce

Combine my sauce, juice, black pepper and remaining oil. Pour over salad. Add sesame seeds. Toss to mix well. Season salad to taste with salt and pepper. Serve warm. Makes 4 servings.

The Healds are contributing editors for the internationally respected *Quarterly Review of Wines* and Troy residents who write about wine, spirits, food and restaurants for the *Observer & Eccentric Newspapers*. To leave them a voice mail message, dial (734) 953-2047, mailbox 1864B.

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