



**USOC**  
SPORTS NUTRITION

*Weekly Recipe:*

## Pineapple Beef Stir-fry

Stir-fry the old stand-by! While stir-frying is a traditional Chinese way of cooking using a wok over high-heat to quickly cook up a protein (chicken, beef, tofu) source with vegetables and a sauce, we say it should be every athlete's go to meal. This dish can be easily modified to whatever food is locally available, fresh, and cheap. The recipe featured below is excellent because it incorporates loads of vegetables with lean beef. To top it off, we threw some pineapple juice into the sauce and fresh pineapple in the dish to amp up the flavor and nutrients. One challenge to cooking lean cuts of steak is that it often ends up dry and chewy, but that is prevented here by marinating it and cooking it hot and fast. This one-dish meal is also easy to prep and only takes a few minutes to cook- which is why it makes such a great dish to have in your cooking repertoire. We recommend pairing this dish with high-fiber brown rice.

### Ingredients:

**Yield: 4 servings**

1 cup unsweetened pineapple juice  
 ¼ cup white wine *or* reduced-sodium chicken broth  
 2 Tbsp. brown sugar  
 2 Tbsp. reduced-sodium soy sauce  
 ¼ tsp. cayenne pepper  
 1 pound beef top sirloin steak, cut into thin strips  
 2 Tbsp. cornstarch  
 1½ tsp. olive oil, divided  
 2 large carrots, sliced  
 1 small onion, halved and sliced  
 1 medium red bell pepper, thinly sliced  
 ½ cup fresh snow *or* sugar snap peas  
 ¾ cup fresh cut pineapple chunks (or canned)  
 2 cups cooked brown rice

### Directions:

1. In a small bowl, combine the first five ingredients. Pour 2/3 cup marinade into a large re-sealable plastic bag; add the beef. Seal bag and turn to coat; refrigerate for 30 minutes. Cover and refrigerate remaining marinade.
2. In a small bowl, combine cornstarch and reserved marinade until smooth; set aside.
3. Drain and discard marinade. In a large nonstick skillet or wok, stir-fry beef in 1 tsp. oil for 2-3 minutes or until no longer pink. Remove with a slotted spoon and keep warm.
4. Stir-fry carrots and onion in remaining oil for 4 minutes. Add red pepper and peas; stir-fry 2-3 minutes longer or until vegetables are crisp-tender.
5. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add beef and pineapple; heat through.
6. Serve with brown rice.

**\*Tip:** Save money and time by buying the pre-cut frozen stir-fry veggies, pre-cooked brown rice and bottled stir-fry marinade at any grocery store..

Recipe adapted from <http://www.tasteofhome.com/recipes/pineapple-beef-stir-fry-3>

### Pineapple Beef Stir-Fry (w/ ½ cup rice)

Amount	¼ of total
<b>Calories</b>	<b>250 (360)</b>
<b>Fat (g)</b>	<b>7 (8)</b>
<b>Sat. Fat (g)</b>	<b>3 (3)</b>
<b>Carb. (g)</b>	<b>22 (44)</b>
<b>Fiber (g)</b>	<b>3 (5)</b>
<b>Protein (g)</b>	<b>27 (30)</b>
<b>Dairy free.</b>	



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This dish provides the qualities needed for great sport performance and overall good health. Beef is high in protein, but can also contain a lot of saturated fat, which is why we recommend always choosing the leanest cuts of meat, like top sirloin. Protein is essential for muscle building and recovery and also for maintaining a healthy weight, by keeping you feeling satisfied longer. In addition to being a good source of protein, beef contains other important nutrients, including iron, zinc, and the B vitamins — B6, B12, and niacin. All of those vitamins provide sustained energy and improved immune system functioning and iron is especially important for female athletes for healthy red blood cell development.

Pineapple is not only a great source of fiber, but it is also chock full of vitamin C, an antioxidant. Studies show antioxidants can reduce inflammation, boost brain function which are excellent for performance. Manganese is another mineral that pineapple brings to the table which helps performance because it is essential for bone and connective tissue health.

