Dinner Tonight!
Venison Stir-Fry

**Ingredients:**
1 lb. venison (backstrap or round) can substitute for beef
1 cup asparagus chopped
1/2 cup mushrooms sliced
1/4 cup onion chopped
1/4 cup carrot chopped
1/4 baby corn
1 cup steamed rice
1/4 cup teriyaki sauce
3 tablespoons soy
1 teaspoon crushed red pepper
3 tablespoons olive oil

Cut venison into small strips and marinate in teriyaki for an hour or overnight in the refrigerator. Place olive oil in a medium to large skillet on medium heat. Brown venison in skillet, cover and stir occasionally. After venison has browned, add the carrots, asparagus, onion, baby corn, and mushrooms. Then add the soy and crushed red pepper to the mixture. Stir thoroughly. Cover and let simmer for 15 to 20 minutes or until vegetables are tender. Serve over rice.

Yield: 4 servings

**Nutrition Facts Per Serving:**
Calories: 127
Total Fat: .5 g
Carbohydrates: 22.75 g
Protein: 8g
Sodium: 354mg
Fiber: 2g

This food is very low in Saturated Fat and Cholesterol. It is also a good source of Vitamin K, Phosphorus and Manganese, and a very good source of Vitamin A.