

Egg Foo Yung



Ingredients:

- 6 eggs
- 1 cup fresh bean sprouts
- ¼ cup green onion (minced)
- ¼ cup bamboo shoots (minced) (optional)
- 4 water chestnuts (minced) (optional)
- ¼ cup slivered ham (optional - or use chicken, turkey, shrimp)
- 1 teaspoon soy sauce oil (for cooking)

Foo Yung Sauce-

- 1 cup chicken broth
- 1 tablespoon soy sauce
- 2 teaspoons sugar
- 2 teaspoons vinegar
- 1 tablespoon cornstarch
- 2 tablespoons water

Cooking Instructions:

Step 1: In a bowl mix together eggs, vegetables, ham and soy sauce.

Step 2: Heat a skillet with a little bit of oil or cooking spray and add 1/3 cup of the egg mixture. Cook either as you would a pancake, once lightly browned on one side flip and brown the other, or fold as you would an omelet. Repeat until the egg mixture is gone.

Step 3: To make foo yung sauce – Add chicken broth, soy sauce, vinegar and sugar to a sauce pan. Bring sauce to a boil. Meanwhile combine cold water and cornstarch in a small bowl. When the sauce starts boiling, stir in the cornstarch mixture. Cook, stirring until sauce is thickening and bubbling.