

Eggs Foo Young

Makes: 2 Servings

Make these egg patties with chicken or beef and top them off with a homemade sauce for an easy Chinese dinner. Serve with brown rice and a salad for a complete and delicious meal.

Ingredients

- 2 eggs
- 1 **cup** bean sprouts, fresh
- 1/2 **cup** chicken, cooked and diced (or beef)
- 1/3 **tablespoon** dried minced onion
- 1 **cup** mushrooms, stems and pieces (drained)
- 2 **teaspoons** oil
- Sauce Ingredients:
- 1/2 **cup** water
- 2 **teaspoons** soy sauce, low-sodium
- 2 **teaspoons** cornstarch

Directions

1. Beat eggs with electric mixer (or by hand) until very thick and light, about 5 minutes.
2. Fold in bean sprouts, chicken or beef, mushrooms, and onion.
3. Heat oil in frying pan over moderate heat.
4. Pour egg mixture by half cupfuls into the pan. Brown on one side; turn and brown the other side. Keep warm while preparing the sauce.
5. Mix sauce ingredients in small saucepan until smooth.
6. Cook over low heat, stirring constantly, until thickened.
7. Serve sauce over patties.

Nutrition Information

Nutrients	Amount
Calories	210
Total Fat	11 g
Saturated Fat	3 g
Cholesterol	215 mg
Sodium	560 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	20 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Notes

Use only clean eggs with no cracks in shells.

University of Maine Cooperative Extension bulletin #4333, Thrifty Recipes: Main Dishes