



thursday

MOO SHU VEGETABLES

3 teaspoons toasted sesame oil, divided
4 large eggs, lightly beaten
2 teaspoons minced fresh ginger
2 cloves garlic, minced
1 12-ounce bag shredded mixed vegetables,
such as “rainbow salad” or “broccoli slaw”
2 cups mung bean sprouts
1 bunch scallions, sliced, divided
1 tablespoon reduced-sodium soy sauce
1 tablespoon rice vinegar
2 tablespoons hoisin sauce

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add eggs; cook, stirring gently, until set, 2 to 3 minutes. Move to a plate.

Wipe out the pan and heat the remaining 2 teaspoons oil over medium heat. Add ginger and garlic and cook, stirring, until softened and fragrant, 1 minute. Add shredded vegetables, bean sprouts, half the sliced scallions, soy sauce and vinegar. Stir to combine. Cover and cook, stirring once or twice, until the vegetables are just tender, about 3 minutes. Add the reserved eggs and hoisin; cook, uncovered, stirring and breaking up the scrambled eggs, until heated through, 1 to 2 minutes. Stir in the remaining scallions and remove from the heat.

Serves 4
Active Time: 20m
Total Time: 20m

NUTRITION FACTS

Amount per serving:
Calories: 172
Total Fat: 9g
Saturated Fat: 2g
Monounsaturated Fat: 3g
Cholesterol: 186mg
Sodium: 366mg
Carbohydrates: 15g
Dietary Fiber: 4g
Total Sugars: 7g
Added Sugars: 1g
Protein: 11g
Potassium: 235mg