



Nutrition Facts	
Per serving	
Calories 200	%DV*
Fat 11g	14%
Saturated 3.5g	18%
+ Trans 0g	
Carbohydrates 10g	
Fibre 1g	4%
Sugars 5g	5%
Protein 17g	
Cholesterol 385mg	
Sodium 680mg	30%
Potassium 765mg	15%
Calcium 65mg	6%
Iron 2mg	10%
<small>*5% or less is a little, 15% or more is a lot</small>	

Egg Foo Yung

Egg foo yung is an omelette dish found in Chinese cuisine. It is prepared with beaten eggs, like an omelette. What principles of egg cookery apply to this dish?

Prep time: 10 minutes

Cooking time: 12 minutes

Yields: 2 servings

Ingredients

- 2 tsp (10 ml) cornstarch
- ½ cup (125 ml) low sodium beef broth
- 2 tbsp (30 ml) low sodium soy sauce, divided
- 4 eggs
- 3 tbsp (45 ml) water
- 1 cup (250 ml) bean sprouts
- ½ cup (125 ml) sliced fresh mushrooms
- 2 green onions, thinly sliced

Instructions

1. Combine cornstarch, beef broth and 1 tbsp (15 ml) soy sauce in small saucepan. Bring to boil, stirring constantly then boil for 1 minute. Remove from heat and keep warm.
2. Whisk eggs, water and remaining soy sauce in medium bowl. Stir in bean sprouts, mushrooms and green onions mixing well.
3. Grease non-stick skillet and heat it over medium heat.
4. Pour in one-third of egg mixture. As mixture sets around edge of skillet, use a spatula to gently lift cooked portion to allow uncooked egg to flow underneath. Cook until bottom is set and top is almost set.
5. Slide omelette onto plate. Invert back into skillet and cook completely for about 1 minute.
6. Keep warm while making two more omelettes.
7. Cut omelettes into wedges and serve with warm sauce.



Revisit the video that shows how to cook the perfect omelette at www.eggs.ca/eggs101/view/11/cooking-the-perfect-omelette.