

Egg Foo Young

Adapted from Moosewood Restaurant Cooking For Health

Serves 4

Ingredients:

6 eggs
2-3 teaspoons soy sauce
2 teaspoons coconut oil
1 teaspoon sesame oil
1/4 cup green onions, thinly sliced
1/2 red bell pepper, thinly sliced
2 cups cabbage or your choice of vegetable, thinly sliced

Tools Needed

Knife
Measuring Cups
and Spoons
Mixing Bowl and
Spoon
Sauté Pan
Sauce Pan
Wooden Spoon

Sauce:

1 cup water
1 Tablespoon soy sauce
1/2 teaspoon sesame oil
1 Tablespoon arrowroot or cornstarch
1 teaspoon siracha (optional)
1 teaspoon lemon juice

Cilantro sprigs and sesame seeds to garnish, optional

1. In a mixing bowl, whisk together eggs and soy sauce
2. Heat a medium sauté pan. Once hot, add both coconut and sesame oil. Add peppers and onions and cook for about 5 minutes. Add remaining vegetables and cook for another two minutes
3. Add the eggs to the pan and reduce to low heat. Cook for about 7 minutes or until eggs are set
4. While eggs are cooking. Make sauce. Mix together all ingredients in a small saucepan. Bring to a boil while continuously stirring. Once the sauce is boiling, reduce to a simmer and stir until sauce is thick. Remove from heat
5. Garnish egg foo young with cilantro and sesame seeds. Top with sauce