



Egg-cellent Foo Young



1/2 of recipe (about 5 pancakes with sauce): 286 calories, 2g total fat (0.5g sat. fat), 1,026mg sodium, 21.5g carbs, 2.5g fiber, 7g sugars, 45g protein

Prep: 15 minutes **Cook:** 20 minutes



Ingredients

1 1/2 cups chicken broth
1 1/2 tbsp. cornstarch
1 tbsp. reduced-sodium/lite soy sauce
1 cup (about 8 large) egg whites or fat-free liquid egg substitute
1 cup finely chopped onion
1 cup chopped bean sprouts
1/2 cup chopped mushrooms
1/2 tsp. chopped garlic
4 oz. raw bay shrimp, peeled, tails removed, deveined
4 oz. cooked and shredded (or finely chopped) skinless chicken breast
1/4 cup chopped scallions

Directions

To make the sauce, combine the following in a small nonstick pot: broth, cornstarch, and 2 tsp. soy sauce. Whisk until cornstarch has dissolved.

Bring to a boil, stirring often. Set heat to low. Cook and stir until thickened, about 4 minutes. Remove from heat, and cover to keep warm.

In a large bowl, whisk egg substitute with remaining 1 tsp. soy sauce. Bring a large skillet sprayed with nonstick spray to medium heat. Add onion, bean sprouts, mushrooms, and garlic. Cook and stir until slightly softened, about 3 minutes. Add shrimp, and cook and stir until veggies are soft and shrimp are cooked through, about 2 minutes.

Transfer contents of the skillet to the large bowl. Add chicken and scallions, and stir well.

Remove skillet from heat. Clean, if needed. Respray, and bring to medium-high heat. Add half of the mixture in heaping 1/4-cup portions to form about 5 small pancakes, using a spatula to help pancakes take shape. Cook for 1 - 2 minutes per side, until golden brown and cooked through.

Plate pancakes, and repeat with remaining mixture.

Serve pancakes topped with sauce.

MAKES 2 SERVINGS

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