Moo Shu Vegetables

Yield: 4 servings
Total Time: 20 minutes

Ingredients
- 3 tsp toasted sesame oil, divided
- 4 large eggs, lightly beaten
- 2 tsp minced fresh ginger
- 2 cloves garlic, minced
- 1 12-ounce bag shredded mixed vegetables, such as “broccoli slaw”
- 2 cups mung bean sprouts
- 1 bunch scallions, sliced, divided
- 1 Tbsp reduced-sodium soy sauce
- 1 Tbsp rice vinegar
- 2 Tbsp hoisin sauce (see Tips)

Preparation Instructions
1. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add eggs; cook, stirring gently, until set, 2 to 3 minutes. Remove to a plate.
2. Wipe out the pan and heat the remaining 2 teaspoon 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.
3. 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.

Nutrition Analysis
Per serving: 170 calories; 9g fat (2g saturated, 0g trans); 185mg cholesterol; 380mg sodium; 14g carbohydrate (5g fiber, 7g sugar); 11g protein.
Vitamin A 70%, Vitamin C 130%, Calcium 10%, Iron 15% Daily Value.

Tips
Hoisin sauce is a dark brown, thick, spicy-sweet sauce made from soybeans and a complex mix of spices. Look for it in the Asian section of your supermarket and in Asian markets. Serve over brown rice for a complete meal.

Cost
Per serving: $1.63
Total ingredient cost: $23.20