

## MOO SHU OMELETS

*These meatless omelets make a fast brunch, lunch, or dinner for two—*

- 12 asparagus spears, cut into 3-inch lengths**
- 2 carrots, cut into 3-inch sticks**
- 2 green onions, cut into 2-inch lengths**

- 2 Tbsp. sweet-and-sour sauce**
- 1 Tbsp. pineapple or orange juice**
- ½ tsp. grated gingerroot or ⅛ tsp. ground ginger**
- 4 eggs**
- 2 Tbsp. water**
- 2 tsp. cooking oil**
- 2 Tbsp. toasted chopped walnuts or almonds**

**Shredded radish (optional)**

**Thinly sliced cucumber (optional)**

● **In a large saucepan cook** asparagus, carrots, and green onions in a small amount of boiling, lightly salted

● **Add ½ cup of the egg mixture** to skillet; cook over medium heat. As eggs set, run a spatula around the edge of the skillet, lifting eggs and letting the uncooked portion flow underneath. When eggs are set but still shiny, transfer omelet to a warm plate; cover with plastic wrap. Repeat with remaining egg mixture, and oil as needed, to make 2 omelets.

● **To assemble, spread** some of the sauce onto each omelet. Arrange steamed vegetables on one quarter of each omelet, fanning vegetables at edge of omelets. Fold each omelet over vegetables; fold again. Top with additional sauce; sprinkle with the walnuts or the almonds. If desired, garnish with the shredded radish and the sliced cucumber. Makes 2 main-dish servings.

**Microwave directions:** Prepare as directed, *except* in a 1½-quart microwave-safe casserole combine asparagus, carrots, green onions, and 2 tablespoons water. Micro-cook, covered, on 100% power (high) for 5 to 7 minutes or till vegetables are crisp-tender. Drain. Continue as directed.

**Nutrition information per serving:** 314 cal. (55% from fat), 20 g fat, 426 mg chol., 17 g pro., 19 g carbo., 4 g dietary fiber, 194 mg sodium. U.S. RDA: 12% calcium, 15% iron, 237% vit. A, 61% vit. C, 25% thiamine, 55% riboflavin, 13% niacin.

water for 7 to 9 minutes or till crisp-tender. Drain.

● **Meanwhile, for sauce, stir** together sweet-and-sour sauce, pineapple or orange juice, and gingerroot or ginger. Set aside.

● **For omelets, in a small mixing bowl** combine eggs and water; using a fork, beat till combined but not frothy. In an 8- or 10-inch skillet with flared sides, heat 1 teaspoon of the cooking oil till a drop of water sizzles. Lift and tilt pan to coat sides of skillet.