

Egg Foo Yung

You Need:



1 egg



1 green onion



2 Tb.
green pepper



1/2 stalk celery



1/2 tsp.
soy sauce



1 tsp. oil



1/4 cup
bean sprouts



fork



Tablespoon



1/2 teaspoon



1/4 cup dry
measuring cup



spatula



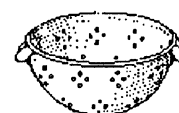
sharp knife



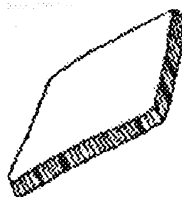
large bowl



small bowl



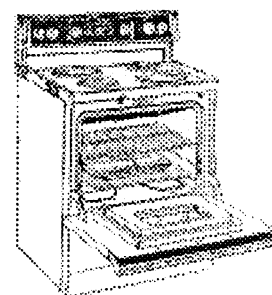
strainer



cutting board

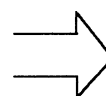
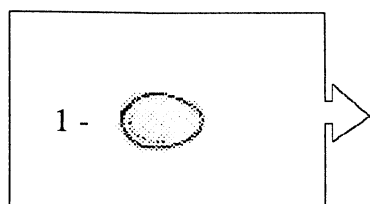


frypan

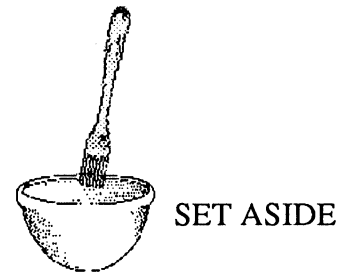
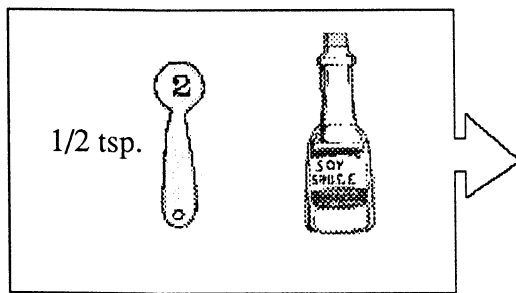


stove

1.

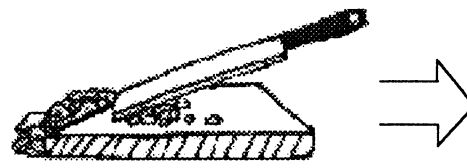
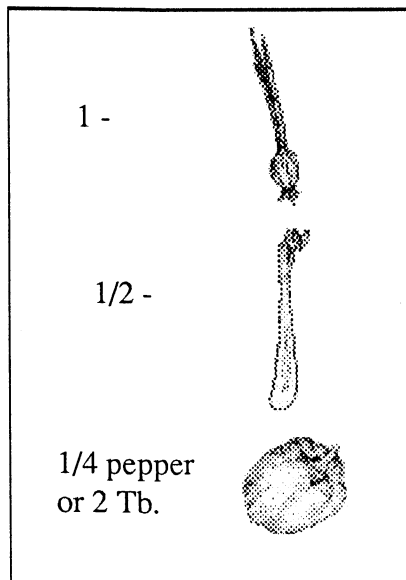


Break egg into small bowl. Beat lightly with fork.



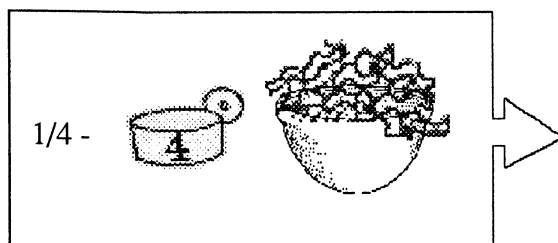
Add 1/2 tsp. soy sauce to bowl. Stir and SET ASIDE.

2.

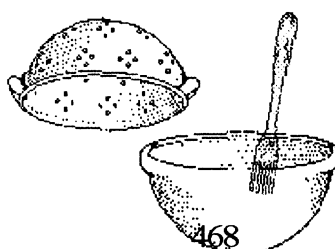


Wash 1 green onion, 1/2 stalk celery, and 1/4 of green pepper. Chop finely. Measure 2 Tb. green pepper and put all vegetables into large bowl.

3.

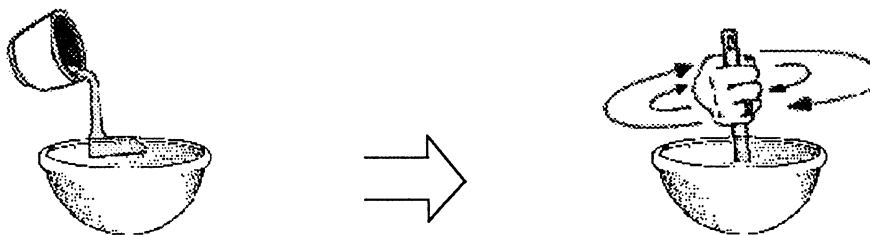


Measure 1/4 cup bean sprouts. Rinse under COLD water. Drain well.



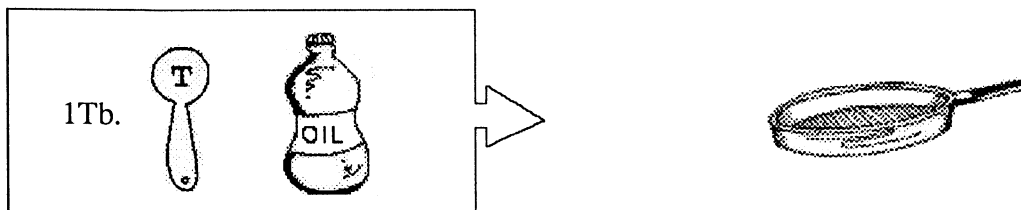
Combine bean sprouts with other vegetables and mix well.

4.

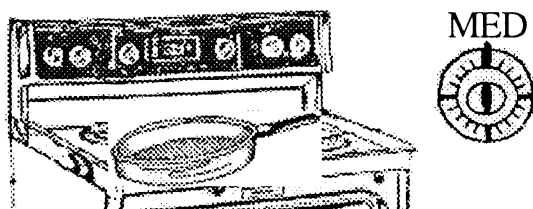


Pour egg mixture into vegetables and sprout mixture. Mix and stir together.

5.

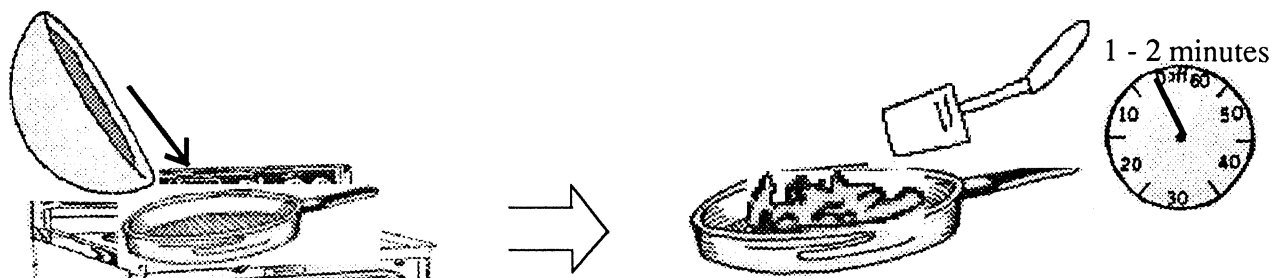


Measure 1 Tb. oil and put in frypan.



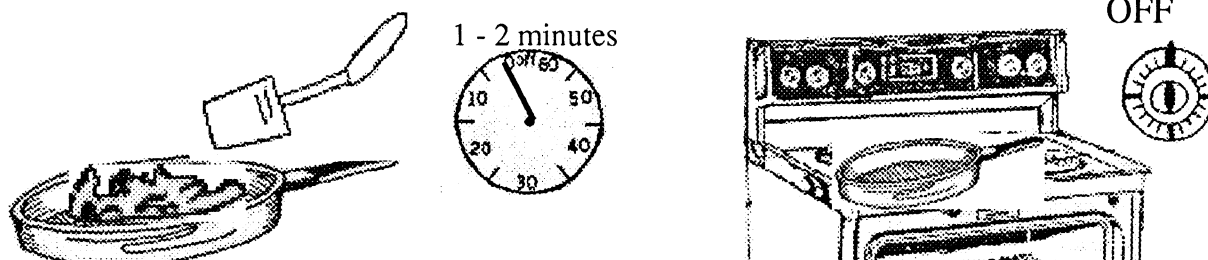
Put frypan on stove. Turn to MEDIUM heat.

6.



Pour sprout-egg mixture into pan to make several patties. Cook until light brown 1 - 2 minutes.

7.



Use a spatula and turn each patty over and cook the other side until light brown 1 - 2 minutes. Turn stove OFF. Serve.

EGG FOO YUNG

You Need:

1 egg
1 green onion
1/2 stalk celery
2 Tbs. green peppper
1/2 tsp. soy sauce
1 tsp. oil
1/4 cup bean sprouts
large bowl
strainer

fork
frypan
sharp knife
cutting board
1/2 teaspoon
Tablespoon
spatula
1/4 cup dry measuring cup
cutting board
small bowl

1. Break egg into small bowl. Beat lightly with fork. Add 1/2 tsp. soy sauce to bowl. Stir and SET ASIDE.
2. Wash 1 green onion, 1/2 stalk celery, and 1/4 of green pepper. Chop finely. Measure 2 Tb. green pepper and put all vegetables into large bowl.
3. Measure 1/4 cup bean sprouts. Rinse under COLD water. Drain well. Combine bean sprouts with other vegetables and mix well.
4. Pour egg mixture into vegetables and sprout mixture. Mix and stir together.
5. Measure 1 Tbs. oil and put in frypan. Put frypan on stove. Turn stove to MEDIUM heat.
6. Pour sprout egg mixture into pan to make several patties. Cook until light brown 1 - 2 minutes.
7. Use a spatula and turn each pattie over and cook the other side until light brown 1 - 2 minutes. Turn stove OFF. Serve.