



Chinese Egg Foo Young

From Tom and Mary Kay

1 cup drained bean sprouts
 $\frac{1}{2}$ cup slivered green peppers
 $\frac{1}{2}$ cup pimento or red pepper
1 cup shredded lettuce
 $\frac{1}{2}$ cup thinly sliced onions
6 lightly beaten eggs
 $\frac{1}{2}$ teaspoon salt
salad oil

- Combine all ingredients in large bowl.
- Heat 1 teaspoon oil in small frying pan.
- Add egg mixture, $\frac{1}{2}$ cup at a time, as for pancakes.
- Brown for 1 minute on each side.

Sauce

1 teaspoon soy sauce
1 teaspoon molasses
1 teaspoon cider vinegar
1 teaspoon corn starch
1- $\frac{1}{2}$ cups chicken stock

- In small saucepan, combine all ingredients and stir in chicken stock. Bring to boil, reduce, heat, and simmer 10 minutes until shiny and thickened.

