



## EGG FOO YOUNG

	Ingredients	Exchanges
Protein	40.5 gm raw egg	2.7 (-2.7 gm fat)
	5.3 gm NOW Real Foods® almond flour	1 (-1.5 gm fat)
Fat	15 gm mayonnaise	3
	7.8 gm sesame oil	3 (-4.2 gm)
Carbohydrate	8.3 gm celery, sliced	0.4
	9 gm mushrooms, sliced	0.6
	3.3 gm scallions, green onion	0.3
Other	½ tsp. Walden Farms® Sesame Ginger dressing salt, pepper, onion powder, garlic powder	

*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Thinly slice or chop the vegetables for this recipe.
- In a small bowl, weigh all of the ingredients using a gram scale.
- Stir until smooth using a small rubber spatula.
- Season to taste with salt, pepper, onion and garlic powder.
- Spray a pan with nonstick cooking spray.
- Pour mixture into the pan creating small circles.
- Cook on medium heat until bubbles begin to form through the mixture.
- Gently flip; cook the other side until brown and crispy.
- Serve warm with Walden Farms sesame ginger dressing drizzled over top as the gravy.

### VARIATIONS

- This recipe freezes well for up to two months. For reheating, place the egg foo young in a sauté pan with a lid until hot.
- Other vegetables can be used such as bean sprouts, onion, cabbage, or peas.
- Meats can also be added as part of the protein such as shrimp, chicken, or beef.
- Sesame oil can be substituted with any other oil.