

## Eggcel™ Chop Suey



### Ingredients:

- 2 cups Eggcel™
- 6 teaspoons teriyaki sauce, divided
- 3 teaspoons toasted sesame seeds
- 1 teaspoon dark sesame oil
- ½ cup fat-free reduced-sodium chicken broth
- 1 tablespoon minced fresh ginger
- 6 ounces vermicelli, cooked and well drained
- 1/3 cup sliced onions

### Preparation:

1. Beat together Eggcel™, 2 teaspoons teriyaki sauce and 1 teaspoon sesame seeds.
2. Heat large nonstick pan over medium heat. Add oil; heat until hot. Pour egg mixture into skillet; cook 1-1/2 to 2 minutes or until bottom of omelette is set. Turn omelette over; cook 30 seconds to 1 minute. Slide out onto plate; cool and cut into 1/2-inch strips.
3. Add broth, ginger and remaining 4 teaspoons teriyaki sauce to skillet. Bring to a boil over high heat; reduce heat to medium. Add vermicelli; heat through. Add egg white strips and onions; heat through. Sprinkle with remaining 2 teaspoons sesame seeds.

Makes 4 servings

### Nutritional Information:

Serving Size: about 3/4 cup

Fibre	<1 g
Carbohydrate	16 g
Saturated Fat	1 g
Total Fat	2 g
Calories from Fat	19 %
Calories	111
Protein	15 g
Sodium	226 mg