

EGGS FOR DINNER

Do you want to lighten up your dinner plans a bit after your gluttonous holiday celebrations? How about eggs for dinner? To me, they are the perfect food. They have protein to keep you sated and they can go with almost anything leftover in your fridge. Rummaging through mine, I found some leftover moo shu chicken, a container of fried rice and a few scallions. It will do.

INGREDIENTS (serves 1 or 2)

1/3 cup leftover *moo shu* chicken (feel free to substitute other Chinese food leftovers)

1/3 cup fried rice

2 scallions, chopped

3 eggs

1 Tablespoon soy sauce

2 Tablespoons vegetable oil

PREPARATION (serves 1 or 2)

Preheat oven to 375 degrees.

In a medium-sized bowl, mix together the *moo shu* chicken, fried rice, and all but one tablespoon of the scallions in a bowl. Save the remaining scallions for garnish.

In a separate bowl, lightly beat the eggs and the soy sauce together. (*NOTE: Normally at this point, I would add salt, but there's enough salt in the Chinese food and soy sauce for this dish. No need to add more unless you like things very salty.*)



In an oven-proof skillet, heat the oil. Add the *moo shu* rice mixture and heat for one minute, lightly stirring ingredients in pan.

Add the eggs and quickly even out the mixture and eggs with a spatula. Cook on top of stove for one minute.

Gently move the pan to the oven. Bake for 7-8 minutes.

Remove from oven. Using a spatula, gently dig under the eggs to loosen from pan. Once loosen, gently slide onto plate. Garnish with remaining scallions.

Chī hǎo hē hǎo!

