



Egg-cellent Foo Young



1/2 of recipe (about 5 pancakes with sauce): 286 calories, 2g total fat (0.5g sat fat), 1,026mg sodium, 21.5g carbs, 2.5g fiber, 7g sugars, 45g protein

Blue Plan (Freestyle™) SmartPoints® value 1*

Prep: 15 minutes **Cook:** 20 minutes



Ingredients

1 1/2 cups chicken broth
1 1/2 tbsp. cornstarch
1 tbsp. reduced-sodium/lite soy sauce
1 cup (about 8 large) egg whites or fat-free liquid egg substitute
1 cup finely chopped onion
1 cup chopped bean sprouts
1/2 cup chopped mushrooms
1/2 tsp. chopped garlic
4 oz. raw bay shrimp, peeled, tails removed, deveined
4 oz. cooked and shredded (or finely chopped) skinless chicken breast
1/4 cup chopped scallions

Directions

To make the sauce, combine the following in a small nonstick pot: broth, cornstarch, and 2 tsp. soy sauce. Whisk until cornstarch has dissolved.

Bring to a boil, stirring often. Set heat to low. Cook and stir until thickened, about 4 minutes. Remove from heat, and cover to keep warm.

In a large bowl, whisk egg substitute with remaining 1 tsp. soy sauce. Bring a large skillet sprayed with nonstick spray to medium heat. Add onion, bean sprouts, mushrooms, and garlic. Cook and stir until slightly softened, about 3 minutes. Add shrimp, and cook and stir until veggies are soft and shrimp are cooked through, about 2 minutes.

Transfer contents of the skillet to the large bowl. Add chicken and scallions, and stir well.

Remove skillet from heat. Clean, if needed. Respray, and bring to medium-high heat. Add half of the mixture in heaping 1/4-cup portions to form about 5 small pancakes, using a spatula to help pancakes take shape. Cook for 1 - 2 minutes per side, until golden brown and cooked through.

Plate pancakes, and repeat with remaining mixture.

Serve pancakes topped with sauce.

MAKES 2 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.