

5 green onions, sliced thinly, divided
1 cup bean sprouts
1/4 tsp white pepper
2 eggs, beaten well
2 egg whites

PREPARATION

1. Combine broth, 1/4 tsp sesame oil, and cornstarch in a small pan. Stir occasionally as you cook over medium heat until the sauce thickens. Usually takes 5-6 min. Set aside.
2. Heat peanut or coconut oil in a 12-in pan over high heat. Add pork and stir-fry until it's no longer pink. Usually takes about 4 min. Add remaining sesame oil, mushrooms, all but 2 Tbl green onions, salt and pepper. Cook until lightly brown, usually about 4-5 min.
3. Add sprouts and stir-fry a little under a minute. Flatten pork mixture with spatula.
4. Mix eggs and egg whites, pour over pork mixture. Lower heat and cover pan. Cook until eggs are set, about 3 min.
5. Cut into 4 pieces to serve. Top each with sauce and remaining green onion.

Makes 4 servings.

Enjoy!