

Mu Shu Roll-ups With Ginger-Sesame Broccoli

Heads Up: To save time, you can use 2 cups presliced white button mushrooms instead of the shiitake mushrooms, but the extra minute or so that it takes to stem and slice the shiitakes is worth it for their more pronounced flavor. If mixed mushrooms are available at your market, use them.

Step 1: cook the ginger-sesame broccoli

1 teaspoon grated ginger (1/2-inch piece fresh ginger)
1/4 cup water
3 cups packed broccoli florets
1/2 teaspoon toasted sesame oil

1. Finely grate enough ginger to measure 1 teaspoon.
2. In a medium microwave-safe bowl, stir together the water and ginger. Add the broccoli. Cover and microwave on High for 3 to 4 minutes, stirring once, until tender-crisp. Drain the water and return the broccoli to the bowl. Drizzle with the sesame oil. Cover to keep warm.

Step 2: make the mu shu roll-ups

4 to 6 flour tortillas (10-inch diameter)
1/4 pound shiitake mushrooms
2 large scallions
6 large eggs
4 teaspoons vegetable oil
4 cups pre-shredded coleslaw mix
1/4 cup prepared garlic-and-ginger stir-fry sauce
Hoisin sauce (optional)

1. Preheat the oven to 350 degrees F. Wrap the tortillas in foil and place in the oven to heat.
2. Remove the stems from the mushrooms and thinly slice. Thinly slice the scallions.
3. Break the eggs into a medium bowl and beat with a fork to combine.
4. In a large (12-inch) nonstick skillet, heat 2 teaspoons of the vegetable oil over medium heat. Add the beaten eggs and cook, stirring frequently, for 1 to 2 minutes, or until softly scrambled. Transfer the eggs to a plate and cover loosely to keep warm.
5. Add the remaining 2 teaspoons vegetable oil to the skillet and heat until hot. Add the mushrooms and cook, stirring frequently, until softened. Add the coleslaw mix. Cook, stirring constantly, until tender-crisp, 1 to 2 minutes.
6. Stir in the stir-fry sauce and scallions and cook about 30 seconds to heat through. Remove the skillet from the heat and gently stir in the eggs.

Serve: Place 1 warm tortilla on each plate. If desired, spread a little stir-fry sauce over the tortillas before filling or use hoisin sauce. Spoon the mu shu filling onto the center. Roll up the tortillas and serve with the broccoli as an accompaniment.

F.Y.I.: "Softly scrambled eggs and crunchy stir-fried vegetables blended with a tasty sauce and wrapped in a warm tortilla make a winning combination."

Nutrition Information Per Serving:

Mu Shu Roll-Ups
Single serving is 1/4 of total recipe
CALORIES 456
PROTEIN 17g
CARBS 54g
TOTAL FAT 12g
SAT FAT 3g
CHOLESTEROL 319mg
SODIUM 598mg
FIBER 5g

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