

## **Eggs Foo Young**

1 medium green pepper, chopped  
1 medium onion, chopped  
¼ cup vegetable oil  
1 cup cooked cleaned shrimp

1 can (5 ounces) water chestnuts,  
drained and sliced  
1 cup drained bean sprouts  
2 to 3 tablespoons soy sauce  
5 eggs, separated

Cook green pepper and onion in vegetable oil over low heat until tender. Add shrimp, water chestnuts, bean sprouts and soy sauce; remove from heat. Beat egg whites until fluffy; beat egg yolks lightly and fold into egg whites. Pour over vegetable-shrimp mixture. Cover and cook over low heat without stirring for 15 to 20 minutes until eggs are cooked. Cut in wedges and serve from skillet. 4 to 6 servings.