

Mu Shu Chicken

- 1 Tbsp vegetable oil
- 2 large eggs, lightly beaten
- 2 teaspoons finely grated peeled fresh ginger
- 1 garlic clove, finely chopped
- 1/4 teaspoon dried hot red pepper flakes
- 1 (16-oz) bag coleslaw mix
- 1/4 cup water
- 2 tablespoons soy sauce
- 1 teaspoon Asian sesame oil
- 3 tablespoons hoisin sauce
- 1 bunch scallions, coarsely chopped
- 8 (6-inch) flour tortillas
- 2 1/2 to 3 cups coarsely shredded cooked chicken
- Extra hoisin sauce and scallions

Servings: 8

Amount per serving

Calories	209
	% Daily Value*
Total Fat 6.8g	9%
Saturated Fat 1.6g	8%
Cholesterol 47mg	16%
Sodium 905mg	39%
Total Carbohydrate 30.6g	11%
Dietary Fiber 1.4g	5%
Total Sugars 5.8g	
Protein 6.3g	
Vitamin D 4mcg	22%
Calcium 96mg	7%
Iron 2mg	11%
Potassium 58mg	1%

Heat 1 tsp oil in a 12-inch heavy skillet over high heat until hot but not smoking, then cook eggs, stirring, until just cooked through. Transfer scrambled eggs to a plate. Add remaining oil to skillet and heat until hot but not smoking, then cook ginger, garlic, and red pepper flakes, stirring, until garlic is golden, about 1 minute. Add coleslaw mix and 2 tablespoons water and cook, covered, stirring occasionally, until coleslaw is wilted, about 5 minutes. Stir together soy sauce, sesame oil, remaining 2 tablespoons water, and hoisin sauce in a small bowl. Add to coleslaw mixture along with scallions, eggs and chicken and cook, stirring, 2 minutes. Remove from heat. Spread 1 tsp hoisin sauce onto each tortilla. Fill tortillas with mixture and roll up. Serve immediately.