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Recipe Title: Scrambled Egg White with Chicken

Recipe Ingredients:

- Nonstick frying or cooking pot
- 6 large egg whites (2/3 cup)
- 4 chicken drumstick, diced
- 3 Tbsp. Soy sauce, sweet cooking rice wine
- Sea salt and ground white pepper (to taste; optional)
- 1 green pepper and 1 red pepper, diced

Recipe Instructions:

1. Heat medium nonstick pot over medium-low heat.
2. Add vegetable oil and garlic
3. Add chicken and cook, stirring frequently, for 4 to 5 minutes, until chicken are set.
4. Add egg whites; cook, stirring constantly, for 3 to 4 minutes, or until almost set.
5. Add red and green peppers.