



# Chinese Steamed Egg


Makes :2 Servings

## Ingredients:

3 eggs  
¼ tsp. salt  
2 tsp. green onion, minced

## Procedure:

1. Beat the eggs well. Add the salt and beat. Pour into two small ramekins. Pour a half inch of water into the bottom of a steamer pot. Place the ramekins into the top of the steamer and heat over medium high. Steam until the eggs are cooked through (about 20 minutes). Top with the green onions.



Nutrition Facts  
Serving Size: 1 ramekin  
Calories: 108  
Fat: 7g  
Carbohydrates: 0g  
Protein: 9g