



Vegetable Moo Shu Wraps

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Skip the restaurant, and enjoy Chinese food at home with a veggie stir-fry served with hoisin sauce and moo shu pancakes (found in the frozen section of Asian markets). To assemble, smear hoisin on a pancake, spoon in stir-fry, and roll like a burrito. Vegans can substitute rice paper wrappers and swap baked tofu strips for the eggs and agave syrup for the honey. Recipe by Kirstin Uhrenholdt.



Ingredient List

Serves 8

Sauce

- 1/2 cup vegetable broth or water
- 2 Tbs. low-sodium soy sauce
- 2 Tbs. sesame oil
- 1 Tbs. rice wine vinegar or lime juice
- 2 tsp. cornstarch
- 1 tsp. honey

Filling

- 3 large eggs
- 1 tsp. low-sodium soy sauce
- 1 tsp. sesame oil
- 1 Tbs. vegetable oil, divided
- 1 small red onion, sliced (1 cup)
- 2 Tbs. grated fresh ginger
- 1 cup large stemmed shiitake mushrooms, cut into thin strips
- 2 cloves garlic, minced (2 tsp.)
- 3 cups shredded cabbage
- 1 1/2 cups snow peas, sliced lengthwise
- 1 1/2 cups shredded carrots
- 2 green onions, thinly sliced on the diagonal

Wraps

16 Chinese moo shu pancakes or small, thin flour tortillas

Large lettuce leaves, optional

Hoisin sauce, for spreading inside wrappers

Directions

1. To make Sauce: Combine all ingredients in jar, close lid, and shake to combine. Set aside.
2. To make Filling: Whisk together eggs, soy sauce, and sesame oil in bowl. Heat 1 1/2 tsp. vegetable oil in wok or large skillet over medium heat. Add eggs, swirl to spread over pan, and cook 1 minute. Flip with spatula, and cook 1 minute more. Slide onto cutting board, and slice into thin strips. Set aside.
3. Wipe out wok or skillet, add remaining 1 1/2 tsp. oil, and heat over medium-high heat. Add onion and ginger; stir-fry 2 to 3 minutes, or until onion begins to soften. Add mushrooms and garlic, and stir-fry 5 minutes, or until mushrooms are golden. Add cabbage, snow peas, carrots, and green onions; stir-fry 2 minutes more. Stir in Sauce, and simmer 2 to 3 minutes, or until Sauce thickens. Fold egg strips into stir-fry mixture. Transfer to serving platter, and serve with warm moo shu pancakes, lettuce leaves (if using), and hoisin sauce.

Nutritional Information

Per wrap: Calories: 119, Protein: 4g, Total fat: 4g, Saturated fat: <1g, Carbs: 17g, Cholesterol: 35mg, Sodium: 278mg, Fiber: 2g, Sugars: 4g

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