

# Egg-battered Zucchini & Shiitake Mushrooms (Jun)

**Serves 4-6**

"Jun" refers to a variety of egg-battered meats or vegetables that are pan-fried. The best way to make these is to flour each piece and dip in egg mixture one at a time and add it to the hot saute pan. To save time, my mother used to make these a few days in advance and refry them just until heated through. Serve them with a mixture of soy sauce and a drop of rice vinegar as the dipping sauce.

- 1 zucchini, washed and sliced into  $\frac{1}{4}$ -inch-thick coins
- 15 to 20 shiitake mushrooms, cleaned and de-stemmed
- Kosher salt and freshly ground pepper
- $\frac{1}{2}$  cup all-purpose flour
- 3 eggs, beaten well
- 3 tablespoons canola oil
- Soy sauce
- A drop of rice vinegar

**Instructions:** Season zucchini coins and mushrooms with salt and pepper. Place flour and eggs in two separate shallow dishes.

Lightly coat the zucchini and mushrooms with the flour.

Heat oil in a large saute pan, over medium-high heat. Dip each piece of vegetable into the flour, then the egg mixture, coating well and add to the pan right away. Cook until each side turns a golden brown, about 1-2 minutes per side, depending on thickness. Serve with soy sauce mixed with a drop of rice vinegar.

**Per serving:** 150 calories, 6 g protein, 11 g carbohydrate, 9 g fat (1 g saturated), 106 mg cholesterol, 33 mg sodium, 1 g fiber.