

Stir-Fry Chicken with Hollandaise Sauce

2 Tbsp	Chicken broth
1/4 tsp	Lemon peel, minced
1 Tbsp	Lemon juice
1 packet	Sweetener
1/4 tsp	Ground Mustard
1/8 tsp	Salt
1/2 cup	ReddiEgg Real Egg Product
2	Flour Tortillas, fat free
8 oz	Chicken breast



Blend together 1/4 cup Egg Product, chicken broth, lemon peel, lemon juice, sweetener, dry mustard and salt in blender or bowl until thoroughly blended. Pour into small saucepan. Cook over low heat, stirring constantly, just until sauce is thickened and starts to simmer. Remove from heat. Pound chicken breast to about 1/4 inch thick and slice into strips. Coat frying pan with nonstick cooking spray. Stir fry chicken breast until browned and tender, remove from pan. Coat pan again with nonstick cooking spray. Pour remaining 1/4 cup Egg Product into pan and scramble. The Egg Product will absorb the flavors left in the pan from the chicken. Warm the tortillas for 15 seconds in microwave. Place chicken in each tortilla and pour the sauce over chicken. Roll or fold over once. Garnish with Dandelion greens and fat free sour cream, if desired. Makes 2 servings.
Calories = 270; Fat = 1.7 grams; Cholesterol = 65 milligrams