

# BIG HERO 6 HEROIC TAMAGO

2 servings

## Ingredients:

- 1 whole egg
- 3 egg whites
- 1/16 Tbs. salt
- 1/4 Tbs. soy sauce, low sodium
- 2 tsp honey
- 1 Tbs. oil

## Directions:

- Mix eggs, salt, soy sauce and Honey in a bowl.
- Heat a non-stick 8 inch sauté pan over med high heat with oil
- Pour a thin layer of egg mixture in the pan, tilting to cover the bottom of the pan. After the thin egg has set a little, gently roll into a log. Start to roll when the bottom of the egg has set and there is still liquid on top. If you let the egg cook too much, it will not stick as you roll the log. Now you have a log at one end of the pan. Pour some more egg mixture to again cover the bottom of the pan, with the roll of egg at the end. After the new layer has set, roll the log back onto the cooked thin egg and roll to the other end of the pan.
- Repeat adding egg to the pan and rolling back and forth until the egg is used up.
- Remove from the pan and cool for 3-4 minutes.
- Slice the ends of the log off and then slice the log into 1/2" pieces. You should see a nice spiral pattern in the cross section of the egg.

**ALWAYS** wash fruits and veggies when preparing for cooking or eating.

When cooking, cutting, dicing, peeling and slicing - **ALWAYS** get your parents' help or permission.



The Mickey Check helps kids and families identify foods and beverages that meet The Walt Disney Company's Nutrition Guidelines in stores, online, in Parks and at branded experiences.