



## *AADI Recipe - Gyeran Mari with Gim (Rolled Seaweed and Egg Omelet)*

Gyeran mari is a kind of rolled omelet that is common in Korean cuisine. There are different fillings, such as mushrooms and bell peppers. The most common kind is filled with gim (nori seaweed). This recipe is not only great as a side dish or breakfast, it is also a good lunch box item. Try this next time as you are packing a lunch box for your children or yourself!

### Ingredients:

- 4 large eggs
- 4 large egg whites
- 1/8 teaspoon salt
- 2 nori seaweed sheets\*
- 1 tablespoon canola oil

### Directions:

1. In a medium bowl, mix the eggs, egg whites and salt together.
2. Cut the seaweed sheets in half.
3. Add about a teaspoon of oil in a frying pan. Evenly distribute it across the pan using a paper towel. Heat over medium low heat.
4. Pour a thin layer of egg mixture to the pan and spread evenly.
5. When the edge of the egg is cooked, and the top is mostly cooked (about 80%), add a piece of seaweed on top of the egg.
6. Roll the egg using a spatula or a pair of chopsticks, until an egg roll is formed.
7. Remove the egg from heat and place onto a plate.
8. Repeat steps 3 to 7 until all the egg mixture is used up.
9. Once the egg rolls has been cooled down for about 5 minutes, cut into 3/4-inch wide pieces.

<b>Nutrition Facts</b>	
Serving Size: 1/2 roll	
Servings Per Recipe: 4	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 70</b>
%Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 185mg	<b>62%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 10g	<b>20%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Servings:** 4

### Cooking Tips:

If you would like to lower the calories and fat content in this recipe, you may replace the eggs and egg whites with 1.5 cups egg substitute.

\*You may find *nori seaweed sheets* in Asian or online grocery stores.