



Nutrition Facts	
Per serving	
Calories 470	%DV*
Fat 40g	51%
Saturated 18g	90%
+ Trans 1.5g	
Carbohydrates 20g	
Fibre 4g	14%
Sugars 4g	4%
Protein 12g	
Cholesterol 390mg	
Sodium 380mg	17%
Potassium 466mg	10%
Calcium 142mg	10%
Iron 2mg	10%
*5% or less is a little, 15% or more is a lot	

Eggs Benedict

Eggs Benedict is a classic breakfast dish that combines poached eggs with Hollandaise sauce. In the Hollandaise sauce, the eggs act as an emulsifying agent between the lemon juice and the butter.

Prep time: 10 minutes

Cooking time: 10 minutes

Yields: 8 servings

Ingredients

- Water
- Vinegar
- 4 eggs
- 2 whole wheat English muffins, split and toasted
- 4 slices tomato
- 4 slices avocado
- 1 recipe Hollandaise sauce

Instructions

1. Poach eggs with one of the following methods:
 - a. Stovetop poaching method
Fill saucepan with about 3 inches (8 cm) of water. Add a splash of vinegar. Heat until water simmers gently. Break cold egg into small dish or saucer. Holding dish just above simmering water, gently slip egg into water. Repeat for remaining eggs. Cook in barely simmering water until whites are set and yolks are cooked as desired, 3 to 5 minutes. Remove eggs with slotted spoon and drain well on paper towel.
 - b. Microwave poaching method
Pour $\frac{1}{3}$ cup (75 ml) water into small deep bowl. Bring to boil on high (100% power). Break eggs, one at a time, and slip into water. Pierce yolk membranes with fork. Cover with plastic wrap, leaving small steam vent. Cook until whites are set and yolks are cooked as desired, 40 to 60 seconds. Let stand, covered, for 1 minute. Remove eggs from bowl and drain well on paper towel.
2. Top each English muffin half with a slice of tomato and avocado, a poached egg and 2 tbsp (30 ml) Hollandaise sauce.



Watch a video that shows how to poach an egg at www.eggs.ca/recipes/eggs-benedict.

Adapted from Egg Farmers of Canada Eggs Benedict