

Heart Healthy Eggs Benedict

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 15 minutes

Serves: 4

CChints: This is a healthier version of a breakfast favorite.

It is lower in cholesterol and it's quick and easy. Traditional hollandaise sauce is made of egg yolks which are high in cholesterol. We used a sauce

mix which lets you use skim milk to lower the fat in the sauce. It's easy to cut this recipe in half if you only need to serve 2 people.

4 whole grain or whole wheat English muffins, cut in half

8 slices Canadian bacon

1 teaspoon olive oil

8 eggs poached or fried in olive oil or liquid egg substitute, scrambled

.9 ounce package Hollandaise Sauce, we like Knorr®

1 cup skim milk

2 tablespoons unsalted butter or margarine

Garnish with 2 tablespoons chopped chives or parsley

Heat a large nonstick skillet over medium heat. Add the oil and bacon to the pan. Cook on each side for 1-2 minutes to heat through. Remove from the pan and keep warm.

During the cooking time, start toasting your muffins and lay them on a serving platter or individual plates.

Prepare your eggs the way you would like them. Traditional eggs Benedict is served with a poached egg but you can still prepare them anyway you like and stack them on top of the English muffin.

Poached Eggs: Depending on the side of your pan, you will probably want to cook 3 at a time. Put 2 to 3 inches of water into a large sauce pan and 1/2 teaspoon white vinegar and bring the water to a boil. Crack 1 egg at a time into a small bowl. Gently let the egg slide out of the bowl into the water. Crack another egg and do the same while the water returns to a boil. Repeat this for the 3rd and 4th egg. If you need to, reduce the heat so the water simmers until the eggs set up. Watch them carefully for about 2 minutes. You want the egg white firm and the yolk soft. To test one, gently lift one out with a large spoon and press on it to check for firmness. Remove all from the pan, drain on a paper towel and keep warm. Add a little water to the pan and a drop or 2 of vinegar. Bring the water to a boil again and repeat the process for the rest of the eggs. If the first batch of eggs are cold, drop them in the pan of water again for just a minute to heat them up.

Add butter to a small saucepan over medium heat. As soon as it melts, stir in the milk and sauce mix. Whisk together well and bring to a boil. Stirring often, reduce the heat and cook for about 1 minute to allow the sauce to thicken.

To assemble your breakfast, start with the English muffins on the bottom. Add a slice of Canadian bacon and top with a egg. Spoon the sauce over the top and add your garnish. Serve with your favorite juice and enjoy.

