



Eggs Benedict

Prep: 5 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: 1 English muffin half with bacon, egg, and sauce

Ingredients

- 1 tablespoon white vinegar
- 2 large eggs
- 1 whole-wheat English muffin, halved
- 2 slices Canadian bacon

Hollandaise Sauce

- 1 tablespoons nonfat, plain Greek yogurt
- 1 teaspoon unsalted butter, melted
- 1 egg yolk
- ½ tablespoon lemon juice
- ½ tablespoon half and half
- Pinch salt
- Pinch ground black pepper

Directions

1. Fill a medium saucepan with about three inches of water. Bring the water to a boil, then reduce the heat to maintain a simmer. Add the vinegar to the water.
2. Crack one egg into a small cup and lower the egg into the simmering water, gently pouring it out of the cup. Repeat with the second egg.
3. Cook the eggs in the water for 3-5 minutes, depending on how soft you want your egg yolk. Remove the cooked eggs gently, one at a time, with a slotted spoon. Set aside.
4. In a small microwave-safe bowl, add all ingredients for the hollandaise sauce. Microwave on high power (default setting) until smooth and frothy, about 60 seconds, stopping to whisk every 15 seconds.
5. Toast the English muffin.
6. Place the Canadian bacon on a small microwave-safe plate and heat on high power (default setting) for 30 seconds.
7. Top each English muffin half with one slice of the bacon, one poached egg, and half of the sauce. Serve right away.

Recipe Notes

- Use pasteurized eggs, if available, to reduce risk of foodborne illness from consuming undercooked egg yolks.

**Nutrition Facts Per Serving: Calories: 295 | Total Fat: 12 g | Saturated Fat: 4.5 g
Sodium: 350 mg | Total Carbohydrate: 19 g | Dietary Fiber: 2 g | Protein: 29 g**

Submitted by Melanya Souza, RD, LD/N
For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs