

Eggs Benedict

Sauce: make Knorr Swiss Hollandaise sauce

(Poached Eggs): put eggs into fry pan that has water simmering - when whites are done, the yolk is done, strain well

Warm canadian bacon while poaching eggs

Toast English Muffins

- layer muffin half
- canadian bacon
- egg
- sauce
- sprinkle with cayenne pepper or paprika

Enjoy!

Want to make it healthier?

- Substitute low fat Canadian bacon for the ham
- Hollandaise sauce – use just a tsp or so of butter instead of following package directions
- Eggs – use whites only or whole egg
- Use whole wheat English muffins

Enjoy this recipe courtesy of Drs. Jim and Deb Schwiertert.