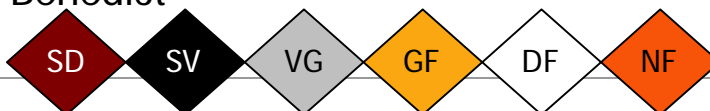


Healthy Swaps Eggs Benedict

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Eggs Benedict is a classic "fancy breakfast" dish often served on Mother's Day consisting of English muffins topped with sliced ham, poached eggs and Hollandaise sauce. However, classic Hollandaise sauce, which is made primarily of melted butter and egg yolks, is very high in fat, cholesterol, and calories, and it is tricky to prepare, and it cannot be kept for an extended period of time.

The swaps in this recipe creates a version of Eggs Benedict that is healthier, easier and fool-proof to make, and can be prepared ahead of time or held for up to two days! It is also delicious and worthy of serving to Mom or anyone else you want to honor with a "fancy breakfast".

Ingredients:

Hollandaise Sauce:

- 1 – 1/2 cups Non-Fat or Low Fat Buttermilk
- 2 Tbsp. Sweet Rice Flour (not regular rice flour)
- 1/4 tsp. Salt
- 1/4 tsp. Tabasco Sauce
- 1/2 cup Liquid Cholesterol-Free Eggs
- 1/8 cup Lemon juice
- 2 Tbsp. Smart Balance Butter Blend Sticks

Eggs Benedict

- 4 whole English muffins, Thomas's Light Multi-Grain, toasted
- 8 ounces Sockeye Salmon (Lox), thinly sliced (or) Canadian Bacon, thinly sliced
- 2 cups Liquid Cholesterol-Free Eggs, or egg whites (cooked and trimmed to fit muffin, see step #5)
- 2 cups Healthy Swaps Hollandaise Sauce, prepared using ingredients (above) per steps 1 & 2 (below)
- Optional Capers for Garnish
- Optional Parsley for Garnish



Directions:

1. (For Sauce): In a small sauce pot whisk together about 1/4 cup of the buttermilk, the sweet rice flour, salt, and Tabasco sauce until the mixture forms a smooth paste, then whisk in the 1/2 cup of eggs and the remaining 1 – 1/4 cups of buttermilk.
2. Place the sauce pot on medium heat, stirring constantly until mixture thickens and comes to a light boil (simmer). Continue heating and stirring for 20-30 more seconds and then remove pot from heat. Whisk in the lemon juice and butter until well blended.
3. Serve sauce immediately while still warm or refrigerate for up to two days.
4. (To reheat sauce): Place sauce in a microwave safe bowl and heat on high for 30 second intervals, stirring in between each interval until sauce is hot, about 1 – 1/2 minutes.
5. (For Benedict): Spray a microwave-safe cereal, salad, or soup bowl, with cooking spray. Pour 1/2 cup of the Liquid Cholesterol-Free Eggs into the bowl. Place bowl in microwave and heat on high for 2 minutes or until eggs are puffed through to the center. Remove bowl from microwave and allow eggs to cool slightly (they will also deflate into an omelet-like disk). Invert the egg disk onto a clean flat work surface. Repeat the process three more times to make a total of four egg disks. Use a flower petal, heart, or circle shaped cookie cutter that is similar in size to the English muffins to trim and shape the egg disks.
6. Place two toasted English muffins (cut side up) on four entree plates. Spoon and spread a tablespoon of sauce on each muffin then lay 1 oz. of salmon slices and one egg disk on each. Spoon some warm Hollandaise sauce over the top of each egg disk and garnish with capers and parsley (optional).
7. Place plates in a pre-heated 250° F oven until ready to serve.

YIELD: 4 Servings

*Dietary Notes:

- To make Vegan (SV) and Dairy-Free (DF), (For sauce): replace buttermilk with 1 – 1/2 cups of rice milk which has had 1 tablespoon of tarragon vinegar stirred into it and then let it sit for about 5 minutes. Replace the eggs with 1/2 cup Veganaise (Vegan Mayonnaise) and 1/4 teaspoon of Turmeric powder. Replace smart balance butter sticks with Earth Balance Vegan Buttery Sticks. (For Benedict): Use vegan English muffins or use 2 slices of toasted and trimmed “Nature’s Path” Vegan Flax Plus Frozen waffle per portion. Replace salmon with 8 slices of Yves Vegan Meatless Canadian Bacon. Replace eggs with 1 full batch of vegan tofu omelet batter (below) that is divided and made into four separate omelets. Trim each omelet to size of the English muffin, bagel or bread slices used.
- To make Vegetarian (VG), replace salmon with 8 slices of Yves Vegan Meatless Canadian Bacon.
- To make Gluten-Free (GF), use gluten free English muffins, bagel halves, (such as Udi’s Whole Grain Gluten-Free Bagels) or bread rounds.
 - Per Serving (traditional recipe Eggs Benedict): 880 Calories, 29g Carbohydrates, 71g Fat, 31g Protein, 2g Dietary Fiber, 794mg Cholesterol, 1539mg Sodium
 - Per Serving SD, NF (with salmon): 378 Calories, 14g Fat, 35g Protein, 34g Carbohydrates, 8g Dietary Fiber, 47mg Cholesterol, 714mg Sodium
 - Per Serving SD, NF (with Canadian bacon): 369 Calories, 13g Fat, 35g Protein, 35g Carbohydrates, 8g Dietary Fiber, 38mg Cholesterol, 1406mg Sodium
 - Per Serving SV, DF: 723 Calories, 35g Fat, 53g Protein, 47g Carbohydrates, 6g Dietary Fiber, 0mg Cholesterol, 1855mg Sodium
 - Per Serving VG: 493 Calories 10g Fat, 68g Protein, 40g Carbohydrates, 8g Dietary Fiber, 11mg Cholesterol, 1742mg Sodium
 - Per Serving GF: 558 Calories, 21g Fat, 36g Protein, 53g Carbohydrates, 3g Dietary Fiber, 46mg Cholesterol, 1014mg Sodium