



Eggs Benedict

Breakfast, Recipes

Ingredients Needed

- 1 package Aunt Millie's Multi Whole Grain English Muffins, toasted and split
- ½ cup reduced-fat buttermilk
- ½ cup canola mayonnaise
- 1 Tablespoon fresh lemon juice
- 1½ teaspoon yellow mustard
- 1½ teaspoon butter
- 1 quart water
- 1 tablespoon vinegar
- 4 large eggs
- 4 slices Canadian bacon
- 1 tablespoon chopped Chives



Directions | Yield: 4 servings

1. To make mock hollandaise, combine buttermilk, mayonnaise, lemon juice, and yellow mustard in a small saucepan over low heat, stirring well with a whisk. Add butter and stir until butter melts. Keep warm.
2. In a large shallow saucepan, add water and vinegar. Bring to a boil, and reduce heat to a steady simmer.
3. Break each egg into a custard cup, and gently pour into the pan.
4. Simmer the eggs until the whites are firmly set, about 3 minutes.
5. While eggs are poaching, cook the Canadian bacon in a medium skillet until nicely browned.
6. Remove each egg with a slotted spoon and place gently onto a towel to drain.
7. Place one muffin half on a plate and top with a slice of Canadian bacon and one poached egg.
8. Top off with 2-3 Tablespoons of the Hollandaise sauce.
9. Garnish with chopped chives.