

Smarter Eggs Florentine

Ingredients

1 tbsp white vinegar

4 eggs

3 tsp olive oil, divided

454-g pkg baby spinach

2 whole wheat English muffins - (socca flat bread for gluten free alternative see recipe for [socca pizza](#))

130-g pkg smoked salmon

1 tbsp finely chopped chives

HEALTHY HOLLANDAISE

2 egg yolks

1/2 cup 2% plain yogurt

1 tbsp unsalted butter, melted

1/2 tsp Dijon mustard

1/2 tsp lemon zest

1/4 tsp salt

Instructions

- **For hollandaise:** Fill a pot with water and bring to a simmer over medium. Whisk egg yolks with yogurt, butter, mustard, lemon zest and salt in a heatproof bowl wide enough to cover the pot completely. Place bowl over simmering water. Cook, whisking constantly, until mixture thickens and yolks are cooked, 7 min. Remove bowl from heat and set aside.
- **For eggs Florentine:** Add vinegar to simmering water. Crack an egg into a small dish. Holding the dish close to the surface of the water, slip egg into water. Repeat with remaining eggs (up to 4 per batch). Simmer, uncovered, until whites are set and yolks are done as you like, 3 to 4 min for runny yolks. Using a slotted spoon, remove eggs 1 at a time and dab whites all over with paper towel to absorb excess water.
- **HEAT** a very large non-stick frying pan over medium. Add 1 1/2 tsp olive oil, then half of your spinach. Cook, stirring frequently, until spinach wilts, 1 to 2 min. Remove to a large bowl. Repeat with remaining 1 1/2 tsp olive oil and second half of spinach. Set aside.
- **TOAST** English muffins. Place half on each plate. Divide smoked salmon between 4 halves, then top with spinach and poached eggs. Whisk hollandaise, then spoon over each egg. Season with fresh pepper. Sprinkle with chives.