



## Poached Eggs Florentine

**Prep: 25 minutes • Cook: 5 minutes • Serves: 4**

- $\frac{2}{3}$  cup fat-free milk
- $1\frac{1}{2}$  teaspoons all-purpose flour
- $\frac{1}{4}$  cup shredded reduced fat Cheddar cheese
- $\frac{1}{2}$  teaspoon kosher salt
- 1 pinch dry mustard
- 1 pinch white pepper
- 1 teaspoon extra virgin olive oil
- 4 cups packed baby spinach leaves
- 1 tablespoon distilled white vinegar
- 4 large eggs
- 2 whole wheat English muffins, toasted
- 3 small tomatoes, sliced
- 1 teaspoon chopped fresh parsley leaves for garnish

**1.** In small bowl, whisk together 2 tablespoons milk and flour. In small saucepan, heat remaining milk over medium-high heat 3 minutes or just until simmering. Slowly pour in milk-flour mixture while whisking constantly. Cook 2 minutes, whisking constantly. Reduce heat to low and gradually whisk in cheese until completely melted. Remove from heat and stir in  $\frac{1}{8}$  teaspoon salt, mustard and white pepper; keep warm.

**2.** Heat oil in large skillet over medium-high heat. Add spinach and cook 2 minutes or until wilted, stirring frequently. Stir in  $\frac{1}{8}$  teaspoon salt; keep warm.

**3.** To large skillet with 2-inch-high sides, add water to fill halfway, remaining  $\frac{1}{4}$  teaspoon salt and vinegar, and bring to a boil. Carefully crack eggs, 1 at a time, into small cup. Slowly slide eggs into water while immersing cup slightly in water. Cover tightly with lid and remove from heat. Let stand 3 to 4 minutes, or until egg white is cooked through and yolk is slightly soft.

**4.** Place 1 muffin half on 4 individual serving plates and top each with 2 tomato slices and  $\frac{1}{4}$  of the spinach. With slotted spoon, remove eggs from skillet and place 1 egg over spinach on each muffin half. Top eggs with sauce and serve with additional tomato slices garnished with parsley.

*Approximate nutritional values per serving: 208 Calories, 9g Fat (38% of total calories) 3g Saturated Fat (13% of total calories), 218mg Cholesterol, 419mg Sodium, 20g Carbohydrates, 3g Fiber, 14g Protein*

*Dietary Exchanges:*

*1 Starch; 2 Protein; 2 Fat*