

## Green Twist to Eggs Benedict



One standard portion: (Can half the recipe for smaller serving)

1 Whole wheat English muffin, slice to make two  
1/2 Tbsp olive oil, to brush on muffin  
2 Eggs, poached  
1 cup mix of spinach & arugula, or your favorite mix of greens  
1 small ripe avocado

### Sauce:

1 ½ Tbl olive oil  
1 Tbl fresh lemon juice  
¼ tsp smoked paprika  
½ tsp dried oregano or italian herbs  
½ Tbsp chopped fresh Italian parsley  
Salt & pepper to taste

Mix sauce ahead of time. Can be refrigerated overnight

Brush muffins with olive oil, and toast if desired.

Rough chop the greens and add half of the sauce mixture to coat the greens, set aside.

In a small pan, put about an inch of water and heat on med. heat until very hot (but not boiling).

Gently crack eggs and put into the water being careful not to burn your fingers. As the egg white begins to look solid, use a spoon to begin slowly pouring hot water over the yolks and repeat until the yolk is cooked slightly, but not to a hard yolk. Remove eggs from water with a slotted spoon to drain.

To plate: Put greens mixture on each muffin. Top with thin slices of avocado and put a poached egg on top. Drizzle eggs with remaining sauce and garnish with parsley.

Note: I like to use microgreens to garnish when I'm making a special brunch.

