

## Eggs Florentine

Serving Size: 1 egg on ½ muffin

Serves: 6

### Ingredients:

½ cup white vinegar

6 cups water

1 tablespoon extra virgin olive oil

½ small onion, diced

⅓ cup fresh mushrooms, sliced

1 cup fresh baby spinach, rinsed

1 clove garlic, minced

1 pinch salt and pepper to taste

6 medium eggs

3 whole wheat English muffins, 6 halves

3 slices fat free sharp cheddar cheese, cut into 6 diagonals

### Directions

In a medium sauce pan, add the vinegar to the water and bring to a boil.

Meanwhile, heat the oil and sauté the onions until tender. Add the mushrooms and continue the sauté until they are beginning to soften. Stir in the spinach and garlic. Season with salt and pepper. Set aside warm.

Poach the eggs in the water to the desired doneness.

Toast the English muffins in a dry skillet.

Arrange the plate starting with one English muffin half. Add a layer of spinach mixture. Top with the poached egg and a cheese diagonal. Finish in a warm oven just to melt the cheese. Serve immediately.

### Exchanges per serving:

1 Lean Meat, 1 Starch, 1 Fat

### Nutrients per serving:

Calories: 172

Calories from fat: 65

Total Fat: 7g

Saturated Fat: 2g

Cholesterol: 187mg

Sodium: 364mg

Carbohydrate: 15g

Dietary Fiber: 1g

Sugars: 3g

Protein: 11g