

Eggs Benedict Florentine w/ Avocado

Recipe adapted by Gary Swieso

Ingredients

- 2 tablespoons reduced-fat stick margarine
 - 1 tablespoon all-purpose flour
 - 1/2 teaspoon salt, divided
 - 1-1/4 cups fat-free milk
 - 1 large egg yolk
 - 2 teaspoons lemon juice
 - 1/2 teaspoon grated lemon zest
 - 1/2 pound fresh spinach
 - 1/8 teaspoon pepper
 - 4 large eggs
 - 1 large ripe Avocado
 - 2 English muffins, split and toasted
 - Dash paprika
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Directions

1. In a large saucepan, melt margarine. Stir in flour and 1/4 teaspoon salt until smooth. Gradually add milk. Bring to a boil; cook and stir until thickened, 1-2 minutes. Remove from heat.
2. Stir a small amount of sauce into egg yolk; return all to pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes. Remove from heat; stir in lemon juice and zest. Set aside and keep warm.

3. Place spinach in a steamer basket. Sprinkle with pepper and remaining salt. Place in a saucepan over 1 in. water. Bring to a boil; cover and steam until wilted and tender, 3-4 minutes.

4. Meanwhile, in a skillet or omelet pan with high side, bring 2-3 in. water to a boil. Reduce heat; simmer gently. Break cold eggs, 1 at a time, into a custard cup or saucer. Holding dish close to the surface of simmering water, slip eggs, 1 at a time, into water. Cook, uncovered, until whites are completely set and yolks begin to thicken, 3-5 minutes. Lift out of the water with a slotted spoon.

5. Place spinach and avocado slices on each muffin half; top with an egg. Spoon 3 tablespoons sauce over each egg. Sprinkle with paprika. Serve immediately.