

Eggs Florentine

NUMBER OF SERVINGS: 4

Ingredients

- Extra virgin olive oil, 2 Tbsp (30 mL)
- Onion, sliced 1
- Eggs 4
- Baby spinach, lightly packed 6 cups (1.5 L)
- Salt, pinch
- Lemon juice 1 Tbsp (15 mL)
- Fresh cracked pepper, pinch
- Ontario goat feta cheese, crumbled 1 cup (250 mL)
- Whole grain bread, slices 4
- Shaved Black Forest ham, slices 8

Directions

1. In large skillet, heat oil over medium high heat. Cook onions until tender and golden, stirring often, about 12 minutes.
2. Bring a large pot of boiling water to simmer with lemon juice (this helps the whites stay together when poaching). Crack each egg into a small bowl or custard cup and gently pour eggs into the water one at a time. Let cook for about 3 minutes, just until whites are set but yolk is still runny (longer if you like yolks hard). Remove each egg with a slotted spoon and keep warm on a towel-lined plate.
3. Stir spinach into onions and season with salt and pepper; cook just until spinach is wilted and remove from heat, about 3 minutes. Sprinkle spinach with goat cheese.
4. Top each slice of bread with 2 slices of ham and 1/4 of the spinach mixture. Put one egg over top and serve sprinkled with additional salt and pepper if desired.



Over half of the goats in Canada live right here in Ontario.



Goat cheese is a source of protein. Regular protein intake may help maintain muscle mass in aging adults.



To reduce the calories, consider using low-fat cheese or using 2 whole eggs and 2 egg whites.

NUTRITION PER SERVING

Calories 320 | Protein 19 g | Fat 18 g | Carbohydrates 23 g | Fibre 5 g | Sodium 550 mg

Breakfast



Recipe
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