



A 140 calorie Breakfast that keeps you “full” all morning.

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Egg, Bacon, and Tomato

Description

Oven-baked tomatoes, smoky Canadian bacon, and a touch of mustard make an outstanding breadless, low-fat twist on eggs Benedict. A little vinegar is the simple secret to a perfect poached egg.

Makes 4 servings

Prep time: 5 minutes

Cook time: 15 minutes

Ingredients

- 2 medium tomatoes, cut into 4 slices
- Salt and freshly ground black pepper
- 2 teaspoons Dijon mustard
- 1 tablespoon chopped fresh tarragon (optional)
- 4 (1-ounce) slices Canadian bacon
- 1 tablespoon white vinegar
- 4 large eggs

Instructions

Heat oven to 400° F.

Season tomato slices with salt and pepper; place 4 of them in a single layer in a nonreactive baking dish, spread with mustard, and sprinkle with tarragon, if using.

Cook bacon in a large skillet over medium heat until lightly browned, about 2 minutes per side. Lay 1 bacon slice over each mustard-spread tomato slice. Transfer to the oven and bake until tomatoes begin to bubble, about 10 minutes.

Fill a straight-sided skillet or wide saucepan with 2 inches of water. Add vinegar and bring to a gentle simmer. Crack each egg into a separate cup or bowl. Carefully slide each egg into the just-simmering water.

Cook until desired doneness, about 3 minutes for soft-centered; remove with a slotted spoon, placing 1 egg atop each bacon slice. Top with remaining uncooked tomato slices and serve.

Nutritional information

Per serving:

140 calories

7 g fat (2 g sat)

7 g carbohydrate

13 g protein

0 g fiber

580 mg sodium



Questions or comments info@jorgehane.com