

Eat Well



CLASSIC POACHED EGGS

Want to add a real wow factor to your next brunch? With a few simple steps, you can whip up your very own restaurant-worthy poached eggs in five minutes flat.

Prep Time



Cook Time



Makes 2 Servings



- 2 eggs
- 15 mL (1 tbsp) white vinegar
- 1 whole grain English muffin, split and toasted
- Pinch fresh ground pepper

1. Bring a saucepan of water just to the boil. If it starts to boil, reduce heat so it is barely simmering.

2. Crack an egg into a small bowl. Stir the vinegar into the water.

3. Lower the bowl with the egg in it close to the water and gently slip the egg into the water. Repeat with remaining egg. Let eggs cook for about 3 minutes or until whites are set and yolks are soft, leave in longer for a firmer poached egg. Using a slotted spoon, remove eggs, one at a time.

Place one egg on each muffin half and sprinkle with pepper to serve.

NUTRIENTS PER SERVING

% DV

Calories	140	-
Fat	6 g	9 %
Saturated + Trans	2 g	8 %
	0 g	-
Cholesterol	186 mg	-
Sodium	182 mg	8 %
Carbohydrate	14 g	5 %
Fibre	2 g	9 %
Sugars	3 g	-
Protein	9 g	-
Vitamin A	-	8 %
Vitamin C	-	0 %
Calcium	-	10 %
Iron	-	10 %



TIPS

- Use poached eggs to top salads or cooked vegetables such as asparagus or green beans.
- Serve up a tasty new version of eggs Benny. Top a whole grain English muffin with cooked spinach and mushrooms. Place your poached egg on top with a dollop of tzatziki or 0% fat Greek yogurt.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.



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