

# Avocado Hollandaise Eggs Benedict

Makes 4 servings

1/2	avocado
1 tbsp	lemon juice
1/4 cup	hot water
	black pepper and salt to taste
6 slices (rounds)	roasted sweet potato
2 tsp	extra virgin olive oil
	garlic powder, salt and pepper
8 oz	smoked salmon
4 large	poached eggs
	chopped herbs of your choice (fresh chives, dill, parsley, cilantro)
	black pepper

1. Place half an avocado, lemon juice and 1/4 cup of hot water in a blender or food processor. Puree until smooth.
2. If the puree is too thick, add more hot water, one tablespoon at a time, to the food processor until the mixture is the consistency of regular Hollandaise sauce. Season to taste with salt and freshly cracked pepper.
3. **Roasting the sweet potatoes:**
  - Pre-heat oven to 425 F.
  - Slice the sweet potatoes into 1/2" thick rounds.
  - Toss the potatoes in bowl with olive oil.
  - Place on baking sheet in one layer and sprinkle with garlic powder, salt and pepper.
  - Bake until golden and cooked through about 30 minutes.
4. **Poaching the eggs:**
  - **Make sure your eggs are really fresh.** Fresh eggs have a thicker white near the yolk that will better hold a round shape as it cooks. You can tell how fresh an egg is by putting it in a glass of water; if it lies horizontally at the bottom, it is very fresh; if it starts to float or stand on end it is less fresh. If your egg isn't so fresh, crack it into a small bowl and drain off the runnier white.

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- **Crack your egg into a small bowl or cup**, this makes it easier to slide into the pan. If there is any very runny white surrounding the thicker white then tip this away.
  - **Bring a pan of water filled at least 5 cm deep to a simmer.** Don't add any salt as this may break up the egg white. Add a capful of vinegar.
  - **Stir the water to create a gentle whirlpool** to help the egg white wrap around the yolk.
  - **Slowly tip the egg into the centre.** Only cook one at a time. Make sure the heat is low enough not to throw the egg around – there should only be small bubbles rising.
  - **Cook for 3-4 minutes** or until the white is set.
  - **Lift the egg out with a slotted spoon and drain it on kitchen paper.** Trim off any straggly bits of white. If you need to cook more than one poached egg, keep it at the right temperature in warm water, but make sure the water isn't hot enough to overcook the egg.
5. For each serving, place two rounds of sweet potato on a plate. Top with 1 to 2 slices of smoked salmon, then place a poached egg on top.
  6. Spoon Avocado Hollandaise over the poached eggs and garnish with chopped herbs and black pepper.

Avocado Hollandaise Eggs Benedict recipe from:

<https://www.livestrong.com/recipes/avocado-hollandaise-eggs-benedict/#ixzz5osyWvbD2>

Poached eggs recipe from: [www.bbcgoodfood.com](http://www.bbcgoodfood.com)

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