

Keto Asparagus Eggs Benedict

Oshkosh Community YMCA

This delicious low carb, vegetarian eggs benedict is a classic recipe with a healthy, green twist. You are guided through poaching an egg and making traditional, buttery hollandaise sauce. All is served over simple blanched asparagus instead of an English muffin. You'll feel accomplished after making this one!

INGREDIENTS:

- 2 large Eggs, Yolks
- 3 tbsp Water
- ½ tbsp Lemon Juice, Fresh
- 3 tbsp Unsalted Butter
- 1/8 tsp Salt
- 1/8 tsp Paprika
- 1/8 tsp Cayenne
- 4 ounces of Asparagus, Raw
- 1/8 tsp Salt
- 1/8 tsp Black Pepper
- 2 large Eggs
- 1/8 tsp Vinegar



INSTRUCTIONS:

1. Make the hollandaise sauce first. In a bowl, whisk together the egg yolks, water, and lemon juice until frothy.
2. Create a double boiler by placing your bowl over a pot filled with 1 inch of water at a simmer. Continually whisk the bowl of egg yolks over the simmering water until it bubbles around the edges and thickens. You'll feel the egg yolks thicken while you whisk.
3. Whisk in the salt, paprika, and cayenne. Whisk the butter into the bowl, melting just 1 TB at a time. Again, continually whisk until

the sauce becomes thick and doubles in size. Take the bowl off the simmering water and set it aside to cool and thicken.

4. To prepare the asparagus, cut them into 5-inch long pieces, removing the tops if you wish.
5. Place the asparagus in a pot and cover them with water. Bring the pot to a boil over high heat and boil for a few minutes - until you see the asparagus turn bright green. Once done, drain the pot and transfer the asparagus to an ice bath.
6. Ladle 3 TB of hollandaise sauce onto a plate. Lay approx 8 pieces of asparagus on each serving of sauce. Sprinkle the salt and pepper on the asparagus.
7. To poach an egg, fill a pot with 6 inches of water and add the vinegar. Bring the water to a simmer. Crack 1 egg in a bowl. Use 1 hand to stir the simmering water in a continuous circle and use your other hand to pour the egg into the center of the water. Stir the water around the egg until the whites cook. Then, let the egg cook to your liking - about 5 minute for a medium poach. Repeat this process with the second egg.
8. To prepare the servings, each plate will get 3 TB of hollandaise sauce, approx. 8 pieces of asparagus, a pinch of salt and pepper on the asparagus, 1 poached egg, and an additional 1 TB of hollandaise sauce on top.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 173 g 1 serving (6.1 oz) Calories 292 From fat 236 <i>HappyForks.com</i>	Total Fat 26.7g		41%	Total Carbohydrates 4g	1%
	Saturated 14.2g		71%	Dietary Fiber 1g	5%
	Trans Fat 0.7g			Sugars 1g	
	Cholesterol 416mg		139%	Protein 10g	21%
	Sodium 393mg		16%		
Calcium 7%		Iron 15%		Vitamin A 32%	Vitamin C 8%
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.