

# Eggs Benedict



## breakfast

**POINTS®** Value: 6  
Servings: 4  
Preparation Time: 15 min  
Cooking Time: 12 min  
Level of Difficulty: Moderate

Treat mom to breakfast in bed with our lightened-up version of this restaurant classic. Surprise her by cleaning up the kitchen, too!

## Ingredients

2 tbsp hot water  
1/2 cup(s) reduced-calorie mayonnaise  
1 tbsp fresh lemon juice  
2 oz Canadian-style bacon, about 4 slices  
2 average whole-wheat english muffin(s), split and toasted  
4 large egg(s)

## Instructions

In the top of a double boiler, blend hot water with mayonnaise, stirring frequently until heated through, about 7 minutes. Add lemon juice. Remove double boiler from heat and set aside. Add 2 to 3 drops yellow food coloring, if desired.

In a nonstick skillet, cook bacon until heated through, about 3 minutes. Place one slice bacon on each muffin half.

Meanwhile, prepare poached eggs by cracking each egg into one of four microwaveable bowls (be careful not to break the yolks). Cover each with clear plastic wrap. Microwave 2 eggs at a time on HIGH until whites are cooked and yolk is firm, about 1 1/2 to 2 minutes. Remove eggs with slotted spoon and place one each on muffin halves. Top each egg with 2 tablespoons of sauce and serve immediately. Yields 1/2 muffin per serving.

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