

Eggs Florentine



breakfast

POINTS® Value: 3
Servings: 4
Preparation Time: 12 min
Cooking Time: 10 min
Level of Difficulty: Easy

Treat Mom to breakfast in bed with this easy and elegant brunch which takes only minutes to make.

Ingredients

2 average wheat English muffin(s), split in half
4 large egg(s)
1/4 tsp table salt
10 oz chopped frozen spinach, thawed and excess water squeezed out
1 tbsp fat-free mayonnaise
1/2 tsp lemon pepper, seasoning
2 1/2 tbsp shredded Parmesan cheese

Instructions

Preheat oven to 350°F.

Place English muffins on a nonstick baking sheet. Crack one egg onto each muffin half and sprinkle with salt. Bake until eggs are just about set, about 10 minutes. Meanwhile, place spinach in a microwave-safe dish; cover and microwave on high until hot, about 1 to 1 1/2 minutes. Stir in mayonnaise and lemon pepper seasoning. (Note: To save on preparation time in the morning, thaw frozen spinach by putting it in the refrigerator the evening before.)

Remove muffins from oven, top each with about 1/4 cup of the spinach mixture, sprinkle each with 2 teaspoons of cheese and serve. Yields one muffin per serving.

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