

# EGGS FLORENTINE

By Dr. Cindy Tanzar

Eggs and spinach are a perfect flavor match. Makes 2 servings.



## INGREDIENTS

- 1 Tbsp avocado or coconut oil
- 1/2 small onion, diced small
- 1 clove garlic, minced
- 5 cups spinach
- 4 pastured eggs
- 1 slicing tomato, trimmed and cut into inch slices
- Ground nutmeg
- Pink Himalayan salt & ground pepper, to taste

## Super Easy Hollandaise Sauce

- 4 Tbsp Kerry Gold butter
- 4 pastured egg yolks
- 1 Tbsp lime juice
- 1 Tbsp organic heavy cream
- Pink Himalayan salt & ground pepper, to taste



## INSTRUCTIONS

### Spinach

In a stainless-steel skillet, heat oil to medium-high heat, sautéing onions and garlic until soft. Add spinach, salt and pepper sautéing until just wilted. Set aside.

### Hollandaise Sauce

Melt butter on low heat in small saucepan – do not brown! In separate bowl, beat the egg yolks. Add lime juice, heavy cream, salt and pepper. Add a spoonful of melted butter to the egg mixture and mix well. Repeat this process until butter is gone to ensure hot butter does not curdle the eggs. Then place mixture back into saucepan and cook on low heat, stirring constantly for about 30 seconds. Remove from heat and set aside.

### Eggs

Fill a large saucepan with 3 inches of water. Add 1 tablespoon salt. Bring the water to a simmer over medium heat. Crack one egg at a time in a small bowl, taking care not to break the yolk. Slowly slide the egg into the water. Carefully stir the water around the egg with a spoon. Cook each egg for 2 to 2 1/2 minutes until the white has set and the yolk is still soft. Using a slotted spoon, remove the egg from the water and drain on paper towels.

To serve, place tomato slice on plate (if you aren't sure of measurement, you can dice the tomato). Spoon spinach over tomato. Top with an egg, spoon over 1-2 Tbsp Hollandaise sauce, and sprinkle with nutmeg to taste.