

## Eggs Florentine

Serves 4

4 extra large eggs, room temperature  
2 whole grain English muffins, split  
4 thick slices of ripe tomato  
4-8 slices of good quality Canadian bacon  
4 cups fresh spinach, washed and stemmed  
1-2 slices Swiss cheese  
1/4 C. distilled white vinegar  
1 t. butter  
Salt and pepper to taste

Preheat broiler.

Fill a large sauté pan with water and bring to a boil on stovetop. Reduce heat to simmer. Add 1/4 C. of distilled white vinegar to the water. Keep temperature on simmer.

In another sauté pan, melt a teaspoon of butter and add the spinach. Cook until just wilted. Set aside.

Cut English muffins in half and lightly toast. Place 4 halves on a baking sheet. Top each of the 4 halves on the baking sheet with 1 or 2 slices of Canadian bacon, one quarter of the spinach, one slice of tomato, and 1-2 slices of Swiss cheese. Place under the broiler until cheese is melted (watch carefully so as not to burn!)

Crack one egg into a small dish and carefully pour the egg into the water by sliding it down the side of the pan. Repeat with the other eggs, in separate areas of the pan. Poach the eggs for approximately 3-5 minutes until whites are completely cooked, but yolks are still slightly soft.

Carefully remove eggs with a slotted spoon and place each one on top of a muffin half and garnish with fresh pepper and chives or parsley.