

Get Cracking

A few simple swaps slim down this classic calorie bomb. Hello, hollandaise; good-bye, guilt!

Mushroom-Spinach Eggs Benedict

Makes: 2 servings

Prep time: 10 minutes

Cook time: 10 minutes

- 3 tablespoons reduced-fat sour cream
- 2 teaspoons fat-free milk
- 1 teaspoon Dijon mustard
- 1 teaspoon olive oil
- 1½ cups sliced button mushrooms
- 2 tablespoons finely chopped shallots
- 4 cups baby spinach
- Pinch of ground nutmeg
- 2 eggs
- 1 whole-wheat English muffin, split
- Pinch of black pepper
- Fresh thyme sprigs (optional)

1. In a small bowl, stir together sour cream, milk and mustard.
2. In a large nonstick skillet, heat oil over medium-high heat. Add mushrooms and shallots. Cook 4 minutes or until mushrooms are golden brown, stirring frequently. Stir in spinach and nutmeg and cook until spinach just starts to wilt; set aside.
3. Fill a medium nonstick skillet halfway with water. Bring water to a boil; reduce heat to a simmer. Break 1 egg into a small bowl. Carefully slide egg into simmering water, holding lip of bowl close to water. Repeat with remaining egg. Simmer, uncovered, 3 to 5 minutes or until whites are set and yolks begin to thicken. Remove eggs from skillet with a slotted spoon.
4. While eggs simmer, toast muffin halves. Top each with half the mushroom mixture, 1 poached egg and sauce. Sprinkle with pepper. Garnish with thyme sprigs if desired.

Nutrition facts per serving: 235 calories, 15 g protein, 23 g carbohydrate, 10 g fat (3 g saturated), 6 g fiber



DOWN PAT

Skipping butter slashes nearly 60 grams of saturated fat from the sauce without changing the taste.

POWER BUTTON

Mushrooms add savory flavor but no sodium, says Laura Cipullo, R.D., a dietitian in New York City.

TRIPLE PLAY

Whole-wheat English muffins have three times as much filling fiber as the white kind.

Sunday Best Going out for brunch can make a huge dent in your calorie budget. Here's how to minimize the damage.

Stack the odds in your favor. Opt for a Belgian waffle instead of pancakes and you'll save 410 calories.

Slim your sips. Tomato juice has two-thirds

fewer calories than OJ. If you must drink something sweet, water it down with club soda.

Say cheese. Ordering an omelet? Pick American, provolone or Swiss; each

has at least 70 fewer calories than cheddar.

Bring home the bacon. Substitute sausages for crispy strips to cut the calorie count of your side by more than half.