POACHED EGGS OVER SPINACH, CANADIAN BACON, AND GOAT CHEESE

YIELD: 1 Serving | SKILL LEVEL: Moderate

INGREDIENTS:

- 2 EGGS (Organic)
- 1 1/2 TABLESPOONS Extra Virgin OLIVE OIL
- 1/2 ONION
- 2 OUNCES MUSHROOMS
- 2 CUPS SPINACH (Packed)
- SALT & PEPPER (To Taste)
- 1 Small Plum TOMATO
- 1 CANADIAN BACON
- 1 OUNCE GOAT CHEESE
- 1 1/4 CUP WATER

PROCEDURE:

1. Break eggs into two separate small ramekins or shallow bowls, coffee cups, etc.
2. Slice onion into 1/2-inch thick slices. Place in prep bowl (or stack neatly on a microwave safe plate).
3. Slice mushrooms 1/8-inch thick. Place in prep bowl (or stack neatly on a microwave safe plate).
4. Roll spinach up into a cylinder and cut into 1-inch strips. Place in prep bowl (or stack neatly on microwave safe plate).
5. Peel plum tomato with peeler or sharp knife and slice 1/2-inch thick. Place in prep bowl (or stack neatly on microwave safe plate).
6. Slice Canadian bacon into 1/4-inch cubes. Place in prep bowl (or stack neatly on microwave safe plate).
7. Pour extra virgin olive oil into a microwave safe pie dish and heat uncovered for 2-3 minutes.
8. Place onions into the dish and cook uncovered for 3 minutes.
9. Add mushrooms to dish and cover with microwave safe plastic wrap or microwave safe lid. Cook for 3 minutes.
10. Add spinach, tomato slices, and Canadian bacon. Season vegetables with salt and pepper to taste. Cook uncovered for 45 seconds, stirring once.
11. Place onion, mushrooms, spinach, tomatoes, and Canadian bacon on top of goat cheese and gently combine.
12. Fill microwave safe measuring cup with water and start timer to 5 minutes to heat up water.
13. Pierce each egg yolk with just the tip of a sharp knife 2 times.
14. After 3 1/2 minutes of cooking time, pause microwave oven and slide eggs carefully into boiling water measuring cup.
15. Place cup back in microwave and cook uncovered for the remaining 1 1/2 minutes.
16. Carefully take eggs out of the water with a slotted spoon. Gently dab eggs to dry. Season.
17. Place eggs on top of spinach mix (if cool, rewarm mix separately on microwave plate for approximately 20 seconds). Serve hot.

These recipes were tested with a 1000-watt microwave. Cooking times will vary according to microwave wattage and cooking containers utilized. Please be sure to carefully observe the dishes while they are cooking in the microwave oven for overflow.