

To Mom With Love



Smoked Salmon Eggs Benedict features a heavenly sauce made with heart-healthy canola oil.

(NAPSA)—Show your love for mom by looking after her health with the gift of heart-smart cooking.

Try classic brunch recipes that have a heart-healthy twist, such as those from CanolaInfo's "Mother's May the Healthy Way" recipe collection from Ellie Krieger, M.S., R.D., host of the Cooking Channel's "Healthy Appetite."

To lighten up her recipes, Krieger uses low-fat dairy products, whole grains and canola oil, which has the least saturated fat and most omega-3 fat of all common culinary oils.

Here's a healthier take on Eggs Benedict to warm mom's heart:

Smoked Salmon Eggs Benedict with Creamy Dill Caper Sauce

Yield: 4 servings

Serving size: 1 piece

- ½ cup nonfat plain yogurt
- 1 Tbsp canola oil
- 1 tsp fresh lemon juice
- 1 Tbsp chopped fresh dill, plus sprigs for garnish
- 1 Tbsp capers, drained
- ½ tsp finely grated lemon zest
- 2 whole-grain English muffins
- 3 oz thinly sliced smoked salmon
- 4 medium eggs
- 3 Tbsp white wine vinegar

To make sauce: In medium bowl, whisk yogurt and canola oil until blended. Whisk in lemon juice, then stir in chopped dill, capers and lemon zest. **Toast English muffins.** Place slice or two of salmon on top of each English muffin half. **To poach eggs:** Fill large, deep skillet about ¾ inch to top with water and bring to boil over high heat. Add vinegar, then reduce heat to medium-low. Crack egg into small bowl, then gently add it to boiling water. Repeat with remaining eggs until all four eggs are in skillet. Cook until whites of eggs are set but yolks are still slightly runny, about 3 minutes. Use slotted spoon to transfer eggs to paper towel to drain. (Alternatively, cook eggs over easy in nonstick skillet.) Transfer each egg to salmon-topped English muffin half. Pour 2 tablespoons of sauce on top of each muffin and garnish each with sprig of dill.

Nutritional Analysis per Serving: Calories: 200, Total Fat: 10 g, Saturated Fat: 2 g, Cholesterol: 190 mg, Sodium: 470 mg, Carbohydrates: 16 g, Fiber: 2 g, Protein: 14 g.

For more recipes and culinary tips, go to www.CanolaInfo.org.