



Elliott Evans Nutrition, LLC
Prevent and Protect
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GREEN-POACHED EGGS

more.com – February 2012

- 2 tablespoons unsalted butter
- 3 fat scallions, sliced (white and light greens separated from dark greens)
- 1 clove of garlic, finely chopped
- 1/3 cup finely chopped fresh chives
- 10 ounces fresh baby spinach
- Kosher salt
- Freshly ground black pepper
- 1/2 cup heavy cream
- Finely grated zest of 1 lemon
- 4 large eggs
- Chile flakes for serving
- Coarse sea salt, for serving
- Buttered toast, for serving

- Melt the butter in a large skillet over medium-high heat until the foam subsides. Add the white and light-green scallion slices and the garlic. Cook, stirring, until fragrant, about 30 seconds. Stir in the chives. Toss in the spinach, a handful at a time, letting each batch wilt slightly before adding more.
- Add 1/4 teaspoon salt and pepper to taste. Stir in the cream and lemon zest; let simmer until the spinach is very soft, about 3 minutes.
- Using the back of a spoon, make four indentations in the spinach. Crack the eggs into them. Lower the heat to medium low, and sprinkle the eggs with salt and pepper. Cover the pan, and let the eggs cook until almost opaque, about 3 minutes.
- Turn off the heat, and let the eggs rest, covered, until done to taste. Carefully scoop the eggs and greens into bowls. Sprinkle with chile flakes, sea salt and dark scallion greens. Serve with toast.