

# Salmon Benedict

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*This hearty and healthy brunch recipe is a delicious alternative to traditional Eggs Benedict. Tender, flaked salmon is piled on sliced bread and topped with a tangy Hollandaise sauce. Enjoy with hash browns and a mimosa for a classy and memorable morning any time.*

## Ingredients:

¾ c. plain low-fat yogurt  
2 Tbsp lemon juice  
3 eggs  
½ tsp Dijon mustard  
¼ tsp salt  
¼ tsp pepper  
1 dash hot pepper sauce  
8 eggs  
8 slices rye bread  
8 oz smoked salmon, flaked or cut into thin slices  
1 Tbsp chopped fresh parsley (for garnish)  
1 tsp capers (for garnish)

## Directions:

1. In double boiler whisk together yogurt, lemon juice, egg yolks, mustard, salt, sugar, pepper, and hot sauce. Cook over simmering water while stirring constantly for 6 to 8 minutes, or until sauce is thick enough to coat the back of the spoon.
2. Toast bread and place on warm plates, one slice per plate. Top each piece with smoked salmon and set aside.
3. In large stock pot or saucepan heat 2 quarts of salted water to a rolling boil. Break eggs one at a time into boiling water and reduce heat to medium. When eggs float to top, remove with a slotted spoon and let drain briefly. Place on top of smoked salmon.

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