

Eggs Benedict (Serves 4)

*Recipes courtesy of my.recipes.com/recipes

Ingredients

- 3 tablespoons champagne vinegar, divided
- 1/4 cup minced shallots
- 6 ounces soft silken tofu
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon honey
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon ground turmeric
- 1/8 teaspoon ground red pepper
- 8 large eggs
- 4 whole-grain English muffins, split and toasted
- 8 (1/2-ounce) slices lower-sodium deli ham
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon paprika
- 2 teaspoons minced fresh chives

Directions

- Bring 2 tablespoons vinegar, and shallots to a boil in a small skillet; cook about 5 minutes or until liquid is reduced by half. Combine wine mixture, tofu, and next 6 ingredients (through ground red pepper) in a blender; process until smooth. Return tofu mixture to skillet; cook over low heat 3 minutes or until warm, stirring constantly with a whisk.
- Add water to a large skillet, filling two-thirds full; bring to a simmer. Add remaining 1 tablespoon vinegar to pan. Break each egg into a custard cup, and pour each gently into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon. Keep warm.
- Place 2 toasted English muffin halves on each of 4 plates; top each muffin half with 1 slice of ham, 1 poached egg, and about 1 tablespoon sauce. Sprinkle evenly with black pepper, paprika, and chives.

No-Bake Chewy Granola Bars (Serves 12)

Ingredients

- 1 1/4 cups quick-cooking oats
- 1 cup ancient-grain cereal blend (such as Cheerios + Ancient Grains)
- 1/4 cup unsweetened shredded coconut
- 1/4 cup chopped unsalted pistachios
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon kosher salt
- 1/3 cup creamy peanut butter
- 1/3 cup honey
- 1/4 cup chopped pitted dates
- Cooking spray

Directions

- Combine first 6 ingredients (through salt) in a large bowl.
- Combine peanut butter, honey, and dates in a saucepan over medium heat. Cook 3 minutes or until peanut butter melts, stirring frequently.
- Pour peanut butter mixture over oat mixture; stir well to combine. Spread mixture into an 8-inch square baking pan coated with cooking spray; press firmly to form a compact, even layer. Place pan in freezer for 10 minutes. Remove from freezer, and cut into 12 bars.

