

Alaska Salmon Cake Eggs Benedict



Preparation Time: 20 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients:

1 package (about 1 oz.) Hollandaise sauce mix

2 large English muffins, split

Butter, as needed

5 large eggs

1/4 cup regular or low-fat sour cream

2 teaspoons lemon pepper seasoning

1/4 cup sliced green onion

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional-pack Alaska salmon or 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained and chunked

3 Tablespoons garlic-and-herb dry breadcrumbs

Vegetable oil, as needed

Description:

Prepare Hollandaise sauce according to package directions; cover and keep warm.

Toast muffins; lightly butter and keep warm.

In a large bowl, whisk 1 egg lightly. Add sour cream, lemon pepper and green onion; mix well. Add drained salmon and breadcrumbs; mix well. Shape into 4 patties. Coat a large nonstick skillet lightly with oil (about 2 tablespoons). Over medium-high heat, cook salmon patties, about 3 minutes per side, until crisp and deep golden brown on both sides. Remove from pan and keep warm.

Wipe skillet clean with a paper towel. Add a light coating of oil to pan; heat over medium-high heat. Crack eggs gently into pan. Wait 1 minute, then add 1/2 cup of water. Cover and cook until eggs are opaque on top, similar to a poached egg.

For each serving, place a muffin half on a plate. Top with a warm salmon cake. Remove an egg from pan with a slotted spoon/spatula; place over salmon. Spoon on Hollandaise sauce. Serve immediately.

Recipe by Ryan and Sara Hall