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**Potato 'n Eggs Bene-chick**  
Courtesy of [Hungry Girl Lisa Lillien](#)

Prep time: 10 minutes  
Cook time: 30 minutes  
Start to finish: 40 minutes  
Makes 1 Servings

**Ingredients:**

6 oz. yellow potato, cut into 1/4-inch-thick slices  
1 tsp. white vinegar  
Dash each salt and black pepper  
One 1/2-oz. slice Canadian bacon  
2 cups roughly chopped spinach leaves  
1 large egg  
1/2 tsp. light whipped butter or light buttery spread  
1 tbsp. light mayonnaise  
1/4 tsp. lemon juice



**Directions:**

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Lay potato slices on the baking sheet. Bake for 10 minutes.

Flip potato slices. Bake until tender and lightly browned, about 10 more minutes.

Meanwhile, fill a medium pot with 3 inches of water. Add vinegar, and bring to a low boil.

Transfer potato slices to a plate, and season with salt and pepper. Cover to keep warm.

Bring a skillet sprayed with nonstick spray to medium heat. Cook Canadian bacon until slightly browned and crisp, about 1 minute per side.

Place Canadian bacon over potato slices. Add spinach to the skillet, and cook and stir until just wilted, about 1 minute. Place over Canadian bacon, and re-cover to keep warm.

Crack egg into a small bowl. Reduce heat on the boiling water to low, and give the water a stir. Immediately and gently add egg to the water, and cook until egg white is mostly opaque, 3 - 5 minutes. Using a slotted spoon, carefully transfer egg to a layer of paper towels to soak up any excess water.

To make the sauce, place butter in a small microwave-safe bowl, and microwave until melted, about 5 seconds. Add mayo, lemon juice, and 1 tsp. water. Stir until uniform.

Lay poached egg over the spinach, top with sauce, and enjoy!

*Nutritional analysis:*

Entire recipe: 285 calories, 10.5g fat, 550mg sodium, 34g carbs, 5g fiber, 2g sugars, 14g protein