



Main Dishes

Asparagus Poach

½ cup nonfat mayonnaise-style dressing
¼ cup plain nonfat yogurt
1 tbsp. lemon juice
¼ tsp. Italian herbs, crushed
4 Davidson's Safest Choice™ Pasteurized Shell Eggs
Water
1 package (10 oz.) frozen asparagus spears
2 whole-wheat English muffins, split and toasted

In small bowl, stir together mayonnaise, yogurt, juice and seasoning until well blended. Set aside.

In saucepan or deep omelet pan, bring 2 to 3 inches of water to boiling. Reduce heat to keep water gently simmering. Break cold eggs, 1 at a time into custard cup or saucer. Holding cup close to water, slip eggs one by one, into water. Cook until whites are completely set and yolks begin to thicken but are not hard, about 3 to 5 minutes. With slotted spoon, lift out eggs. Drain in spoon, trim any rough edges, if desired.

Meanwhile, cook asparagus according to package directions. Drain well. Place ¼ of the asparagus spears on each muffin half. Top each with an egg and about 2 ½ tablespoons of the reserved sauce.

Yield: 2-4 servings

