



## Basic Poached Eggs

By Mary Reilly

Servings: 2

Ingredients	Nutrient value per serving
<p>2 large eggs pinch of salt 1 T. distilled or white wine vinegar, optional*</p> <p>*If you are using very fresh eggs, you may omit the vinegar. The vinegar helps to thicken the protein in an egg white, which can help a not-so-fresh egg hold together better.</p>	<p>Exchanges ..... 1 protein ..... 1 fat Calories .....72 Calories from Fat.....45 Total Fat.....5 g Saturated Fat .....2 g Cholesterol .....211 mg Sodium .....167 mg Carbohydrate .....0 g Fiber .....0 g Sugar ..... 0 g Protein.....6 g</p>
Instructions	Notes
<p>1. Pour water into a saucepan to a depth of 3 in. Add the salt and vinegar to the water. Bring the water to a boil, and then reduce the heat so that the water just barely bubbles. Crack the eggs, one at a time, into the water. If you're anxious about doing that, you may crack each egg into its own cup, and then pour the eggs into the water from the cups instead.</p> <p>2. Raise the heat a little, if necessary, so that the water trembles just a bit. Let the eggs poach (about 4 min. for runny yolks or 6 min. for firmer yolks). Use a slotted spoon to lift the eggs out of the water, and then serve.</p>	<p>Prep and cook time: 10 min.</p> <p><i>VEGETARIAN recipes are prepared without any meat, poultry, or seafood. Check the label on each ingredient to make sure the brand you are using does not contain these items. TOPS vegetarian recipes may contain animal products including foods with animal fats, milk or eggs.</i></p> <p>Note: All exchange values are approx. When an optional or additional ingredient is offered, exchange values may change.</p>