



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Artichoke-Scrambled Eggs Benedict

Prep Time: 15 mins

Cook Time: 16 mins

Total Time: 31 mins

Ingredients

- 8 piece(s) artichoke, bottoms, canned, rinsed, (1 1/2 cans)
- 4 teaspoon oil, olive, extra virgin, divided
- 3 teaspoon oregano, fresh, chopped
- 1/3 cup(s) pancetta
- 2 tablespoon mayonnaise, reduced-fat
- 2 tablespoon yogurt, fat-free plain
- 2 teaspoon lemon juice
- 1 teaspoon water
- 6 large egg(s)
- 4 large egg white(s)
- 2 tablespoon cream cheese, reduced-fat, (Neufchâtel)
- 1/4 teaspoon salt
- 4 sprig(s) oregano, fresh, for garnish

Preparation

1. Preheat oven to 425°F.
2. Toss artichoke bottoms with 2 teaspoons oil and 2 teaspoons oregano. Place them top-side down on half of a large baking sheet. Spread pancetta in an even layer on the other half. Roast until the artichokes are just beginning to brown and the pancetta is crispy, 12 to 14 minutes. Meanwhile, whisk mayonnaise, yogurt, lemon juice and water in a small bowl until smooth.
3. Beat eggs and egg whites in a large bowl.
4. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add the eggs and cook, folding and stirring frequently with a heatproof rubber spatula until almost set, about 2 minutes. Remove from the heat and fold in cream cheese, the remaining 1 teaspoon oregano and salt.
5. To serve, divide the artichoke bottoms among 4 plates. Top each artichoke with equal portions scrambled egg, crispy pancetta and creamy lemon sauce. Garnish with oregano sprigs, if desired.