

## EGGSCELLENT BREAKFAST POUTINE

Prep Time: 10 minutes

Cook Time: 30 minutes

Makes: 4 servings

### Ingredients:

12 ounces frozen thin cut French fries (from a 16 ounce package)

3/4 cup prepared beef gravy

4 large eggs

4 ounce piece part-skim mozzarella, cut into small pieces

8 slices turkey bacon, cooked crisp, drained, crumbled

### Directions:

1. **COOK** frozen potatoes according to package directions, making sure they are crisp and golden brown.
2. Meanwhile, **HEAT** gravy in a small saucepan on medium heat to boiling, stirring occasionally.
3. **COOK** eggs over easy, making sure that yolks are still runny.
4. **LAYER** potatoes, gravy, eggs, cheese and bacon evenly in 4 individual serving bowls.

### TIPS:

- Substitute a piece of your favorite cheese for the mozzarella.
- To **COOK** eggs over easy, carefully slip eggs individually into a heated sprayed skillet. **REDUCE** heat to low. **COOK** slowly until whites are completely set and yolks begin to thicken. Carefully **TURN** eggs over with a pancake turner and cook a few seconds more.

**Nutrition information per serving (1/4<sup>th</sup> of recipe):** 379 calories; 22g total fat; 8g saturated fat; 3g polyunsaturated fat; 7g monounsaturated fat; 222mg cholesterol; 884mg sodium; 25g carbohydrate; 2g dietary fiber; 21g protein; 573.7 IU Vitamin A; 43.9 IU Vitamin D; 25.1mcg folate; 232.1mg calcium; 2.0mg iron; 159.7mg choline.

This recipe is an **excellent source** protein, choline and calcium; and a **good source** of Vitamin A, Vitamin D and iron.