

Chef Penny's Oven Roasted Brussels Sprouts Benedict with Herb Dressing

**Ingredients:**

- 1 cup brussels sprouts, cleaned and cut in half
- 1 spray olive oil cooking spray
- 1 Tsp. turmeric
- Ideal Protein Salt & ground black pepper to taste
- 2 whole eggs
- 3oz smoked salmon (alternatively use cooked salmon or a lean slice of ham)
- 1 Tbsp. of white wine vinegar
- 2 cups of frisee lettuce (or your favorite lettuce)
- 2 radishes, sliced

Herb Dressing:

- 1 Tbsp. mustard
- 1 cup of your favorite herbs like parsley, basil, tarragon or dill
- 1 Tbsp. capers
- ½ cup lemon juice
- 1 Tsp. olive oil

Splash of water as needed if dressing is too thick

Directions:**Brussels Sprouts**

1. Preheat oven to bake at 375 degrees.
2. Use a non-stick oven safe pan, or sheet pan, and line with parchment paper or aluminum foil.
3. Place clean and cut Brussel sprouts on pan and spread out evenly. Spray with cooking spray, add salt, pepper and turmeric and toss to coat.
4. Bake for 15 min, checking periodically.
5. Once you see the vegetables are softening and starting to brown, turn off bake and turn on broiler. Broil for another 3-5 for a golden brown finish.
6. Once brussels cook completely, remove and set aside.

Penny's Herb Dressing

1. In a small food processor toss in all the dressing ingredients except water (save that if dressing is not runny enough) and pulse until emulsified and somewhat sticks to back of the spoon. Set aside in refrigerator.

Poached Eggs

1. Bring a large pot of water to a boil, then reduce to low.
2. Crack the eggs, one at a time into a small ramekin or bowl. Do not place both eggs in one ramekin, keep them separate and prepare one egg at a time.
3. Add 1 Tbsp. of the vinegar (white or apple cider vinegars only) and stir to create a vortex in the pot of boiling water.
4. Pour the entire egg, one at a time, from the ramekin to the middle of the vortex and set timer for 3 minutes.
5. Once the egg is done, use a slotted spoon to remove the poached egg, transfer to dry paper towel to remove any excess liquid, repeat with second egg and set timer for 3 min. Once done remove the same as the first egg, repeat process.

To finish plating:

1. At the base of your plate place lettuce and top with roasted brussels sprouts.
2. Place smoked salmon slices on the brussels and lettuce. Top with poached eggs.
3. Drizzle Penny's Herb Dressing over the dish and serve.