

## PALACE POACHED EGGS WITH PEAMEAL BACON ON ENGLISH MUFFINS

Serves 4 • Prep time: 10 minutes • Cooking time: 15 minutes

### INGREDIENTS

- 4 Eggs
- 4 thinly sliced pieces of peameal bacon
- 4 English muffins (sliced in half)

### DIRECTIONS

Lightly coat a 10-inch skillet with cooking spray to poach 4 eggs. Add enough water to half-fill pan or skillet and bring to boil. Reduce heat to simmer. Break 1 egg into a small dish and then carefully slide egg into water,

holding lip of dish as close to water as possible. Repeat with remaining eggs. Simmer uncovered 5 minutes or until yolk is firm. Remove with slotted spoon.

While eggs are poaching, spray small skillet with cooking spray and over medium heat, fry peameal bacon slices - 1 minute each side (do not overcook). Toast English muffins. Place peameal bacon and egg on half the toasted muffin, season to taste with salt and pepper and



cover with the other muffin half. Serve with Champagne and orange juice. To spice up this dish, try adding some chili sauce.

## HIGH TEA WITH HAM SANDWICHES

Makes 16 quarters • Prep time: 10 minutes

### INGREDIENTS

- 1 4 ½ ounce can flaked ham
- 1 TBSP (15 mL) mayonnaise
- 1 TBSP (15 mL) sweet relish
- 4 slices white bread
- 4 slices rye bread
- Pimento strips

### DIRECTIONS

Combine ham, mayonnaise and relish. Cover and chill. Remove crusts from bread slices. Spread white bread slices with ham mixture, add a few pimento strips and cover with rye bread slices. Cut diagonally into quarters.

For variety, make some additional finger sandwiches like



cucumber and cream cheese or egg salad. Throw in some scones, miniature cupcakes and your favourite pot of tea and enjoy your afternoon.



I  Ontario  
Pork

### Take charge of your heart health

- Nutrient-rich foods give you the most vitamins, minerals and other nutrients for the fewest calories.
- Choose foods in the recommended portion size from all four food groups: vegetables & fruit, grain products, milk & alternatives, and meat & alternatives.
- Pork cuts from the loin - **pork loin chops**, **loin roasts** and **tenderloin**, are the lowest in fat and contain essential nutrients including - thiamin, niacin, riboflavin, vitamin B-6, phosphorus, protein, zinc and potassium.

For delicious and healthy pork recipes visit [putporkonyourfork.com](http://putporkonyourfork.com)



ONTARIO PORK