

# Eggs Florentine

3 Eggs, whites and yolks separated  
3 1/2 tablespoons coconut oil  
3 tablespoons lemon juice  
1/2 teaspoon salt  
1/4 teaspoon paprika  
2 cups spinach  
1 medium tomato  
Salt and pepper to taste

## **For hollandaise:**

Beat egg yolks and 3 tablespoons coconut oil together in saucepan over low heat for approximately 5 minutes, do not allow eggs to scramble.

Remove pan from heat, stir in lemon juice, salt, and paprika and set aside.

## **For Eggs Florentine:**

Heat remaining coconut oil in a large frying pan.

Cut tomato into slices and fry each slice over medium-high heat until slightly browned.

Pour eggs whites over tomato slices, cover pan and cook until eggs harden.

Place spinach in thick layer over eggs and tomatoes, cover pan again for 30-60 seconds, or until spinach has wilted slightly and turned bright green.

Remove from pan.

Stir hollandaise and pour over spinach, eggs, and tomatoes to serve. Sprinkle with salt and pepper.

**\*\*Geek out with Dr. Sara:** Eggs may be among the most nutritious foods on earth. For years, those at risk of cardiovascular disease have been advised to avoid eggs due to their high levels of cholesterol, however an overwhelming amount of data now supports that consuming eggs will not raise your risk of heart disease. In fact, eggs increase HDL, or good cholesterol levels in the blood, and even convert LDL, bad cholesterol, into HDL. Eggs are also rich in vitamins, minerals, protein, and rare antioxidants that have been shown to protect the health of your eyes as you age.

Handelman, G. J., Z. D. Nightingale, A. H. Lichtenstein, E. J. Schaefer, and J. B. Blumberg. "Lutein and zeaxanthin concentrations in plasma after dietary supplementation with egg yolk." *The American journal of clinical nutrition* 70, no. 2 (1999): 247. <http://www.ncbi.nlm.nih.gov/pubmed/10426702>

Mutungu, Gisella, David Waters, Joseph Ratliff, Michael Puglisi, Richard M. Clark, Jeff S. Volek, and Maria Luz Fernandez. "Eggs distinctly modulate plasma carotenoid and lipoprotein subclasses in adult men following a carbohydrate-restricted diet." *The Journal of nutritional biochemistry* 21, no. 4 (2010): 261-267. <http://www.ncbi.nlm.nih.gov/pubmed/19369056>

Shin, Jang Yel, Pengcheng Xun, Yasuyuki Nakamura, and Ka He. "Egg consumption in relation to risk of cardiovascular disease and diabetes: a systematic review and meta-analysis." *The American journal of clinical nutrition* 98, no. 1 (2013): 146-159. <http://www.ncbi.nlm.nih.gov/pubmed/23676423>

*Makes 1-2 servings*  
*308-617 calories per serving*

Adapted from Danielle Walker's *Paleo Coconut Oil Hollandaise Sauce*

Walker, Danielle. "Paleo Coconut Oil Hollandaise Sauce." *Against All Grain*. February 21, 2012. <http://www.againstallgrain.com/2012/02/21/paleo-coconut-oil-hollandaise-sauce/>