
Eggs in Mustard Sauce

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Servings: 6

Start to Finish Time: 15 minutes

6 hard-boiled eggs, peeled and halved lengthwise

4 tablespoons fresh dill, chopped finely

2 tablespoons unsalted butter

1/4 cup flour

1 cup vegetable broth (or stock)

1/3 cup heavy whipping cream

2 tablespoons Dijon mustard

1 tablespoon lemon juice

1 teaspoon sugar

1/4 teaspoon Kosher salt

1/4 teaspoon pepper

4 ounces mixed salad greens

In a large saute' pan on medium heat, melt the butter. Sprinkle in the flour, whisking continuously. Cook and stir for 1 to 2 minutes or until the mixture is smooth and pale.

Stir the broth in slowly, whisking until smooth. Stir in the cream, mustard, lemon juice and sugar until blended. Cook for 1 to 2 minutes or until the mixture is hot and the sauce is thickened.

Reduce the heat to low. Stir in the dill, salt and pepper. Nestle the eggs in the pan (cut side up). Heat for 1 to 2 minutes or until warm.

Serve the eggs and sauce over greens.

Side Dishes

Per Serving (excluding unknown items): 186 Calories; 14g Fat (69.0% calories from fat); 8g Protein; 7g Carbohydrate; 1g Dietary Fiber; 240mg Cholesterol; 214mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.