



# SWEET CORN AND BELL PEPPER BENEDICT

## QUICK INFORMATION

**TIME**  
  
**1 HR 30 MIN**

**SERVES**  
  
**4**

**CALORIES**  
  
**440**

**GLUTEN FREE**  
  
**RECIPE**

**VEGETARIAN**  
  
**RECIPE**

### INGREDIENTS

Rice patty:

1 1/3 cup cooked and chilled Lundberg Family Farms Sweet Corn and Bell Pepper Sprouted Risotto

1 egg white

1/2 cup bread crumbs

Hollandaise sauce:

1 egg yolk

2 tsp. lemon juice

1 tsp. water

Pinch of salt

Pinch of cayenne pepper

7 Tbsp. butter

Garnish

1 large heirloom tomato, sliced

4 eggs

### NUTRITIONAL FACTS

Serving Size: 267g

#### AMOUNT PER SERVING

**Calories** 440      Calories from Fat

**Total Fat** 30g  
 Saturated Fat 16g  
 Trans Fat 1g

**Cholesterol** 290mg

**Sodium** 510mg

**Total Carbohydrate** 32g  
 Dietary Fiber 1g

**Total Sugars** 5g

**Protein** 13g

### PREPARATION

In a medium bowl thoroughly combine leftover risotto, egg white and bread crumbs.

Form 1/3 cup portions of the rice mixture into four 3-4" diameter patties.

Heat a medium non-stick skillet over medium heat. Lightly grease with cooking spray and cook patties for 2-3 minutes per side until light golden brown. Set aside on plate until ready to assemble

Fill a medium saucepan with 5" of water and bring to a boil. Add 1 Tbsp. white vinegar use a slotted spoon stir water in a circular clockwise motion to create a vortex.

Once water is boiling crack 1 egg into a small bowl. Carefully pour the egg from the bowl into the water, use a spoon and continue to swirl water gently in a clock wise motion to collect the egg white around the yolk. Allow egg to cook for 3 minutes.

Carefully remove poached egg from water using a slotted spoon. Set egg aside on plate and repeat with remaining eggs.

To make hollandaise sauce, microwave butter in a 1 cup measuring cup for 30 seconds or until melted.

In a small cup that fits the head of an immersion blender, combine egg yolk, lemon juice, water, cayenne and salt, blend until well combined.

Slowly pour in melted butter, while blending continuously until you get a rich thick creamy sauce.

To serve top each rice patty with a slice of tomato, a poached egg, and hollandaise sauce.

Enjoy!