

Slow Cooker-Poached Eggs and Salmon

Prep: 10 minutes | Cook: 1 hour 5 minutes | Total: 1 hour 15 minutes

Yield: 2 servings | Serving Size: 1 salmon fillet with an egg and half the spinach

Ingredients

Water
Nonstick cooking spray
2 eggs
2 tablespoons chopped fresh chives, divided
2 (4-ounce) salmon fillets
4 cups fresh spinach (about 4 ounces, or 1 cup frozen spinach)
1 tablespoon unsalted butter, melted, divided
2 teaspoons lemon juice, divided
2 pinches (about ⅛ teaspoon) salt, divided
2 pinches (about ⅛ teaspoon) ground black pepper, divided

Recipe Notes

- The salmon is done when it reaches an internal temperature of 145°F or flakes easily with a fork. The eggs are done when the whites and yolk do not jiggle when the dishes are shaken.
- For best results, serve right away. If needed, this recipe will keep in the refrigerator for up to 2 days. To reheat, cook in the microwave at 50% power until warm, about 1½-3 minutes.

Directions

1. Fill a medium saucepan about halfway full with water and bring to a boil.
2. Meanwhile, coat the inside of two oven-safe ramekins or other small dishes with nonstick cooking spray. Crack an egg into each dish and top each with 1 tablespoon of the chives.
3. Set the egg dishes in the bottom of a slow cooker, then add the salmon fillets on either side.
4. Pour the boiling water into the slow cooker until it comes about halfway up the sides of the egg dishes – be careful not to get any water in the egg cups.
5. Cover the slow cooker with the lid and cook on high for 1 hour. Check for doneness and, if needed, cook for an additional 10-15 minutes.
6. Use oven mitts to carefully remove the egg dishes. Then lift the salmon out with a slotted spatula or spoon. Set aside.
7. Add the spinach to the slow cooker and stir into the water until wilted, about 3-4 minutes. Drain or lift out of the slow cooker with tongs and divide between two plates.
8. Add ½ tablespoon of the melted butter to each portion of spinach. Toss to combine. Top each portion with one of the salmon fillets.
9. Use a butter knife to loosen the eggs from the dishes and place each on top of the salmon.
10. Sprinkle each plate with 1 teaspoon of the lemon juice, 1 pinch of the salt, and 1 pinch of the black pepper. Serve warm.

Nutrition Facts Per Serving: Calories: 280 | Total Fat: 17.5 g | Saturated Fat: 6 g
Sodium: 305 mg | Total Carbohydrate: 3 g | Dietary Fiber: 1.5 g | Protein: 29.5 g

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