



American Association of Orthodontists®

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## AMERICAN ASSOCIATION OF ORTHODONTISTS PROVIDES EASY HOLIDAY RECIPES PERFECT FOR A CHRISTMAS BRUNCH OR CHANUKAH DESSERT

Note: High-resolution photo available at <https://www.mylifemysmile.org/media-image-downloads>

St. Louis (December 2, 2016) – The winter holidays are a time to get together with family and friends, and that means food. Digging into a holiday meal of soft foods can be easier for those in orthodontic treatment, so the [American Association of Orthodontists](http://www.aao.org) (AAO) is sharing two holiday recipes that are the perfect bites for that Christmas brunch, Chanukah dessert or any holiday get-together.

### Florentine Eggs Benedict Bake with Mock Hollandaise Sauce

From the American Association of Orthodontists  
Recipe Serves 12

#### Ingredients:

##### Egg Bake

- ¼ pound unsalted butter
- ¼ cup bread crumbs
- 4 whole English muffins (cubed into ½” squares)
- 6 oz. Canadian bacon
- 10 oz. fresh spinach
- 18 large whole eggs
- Salt and pepper to taste
- Paprika

##### Mock Hollandaise Sauce

- ½ pound unsalted butter
- 1 cup real mayonnaise
- Juice of 1 small lemon
- ½ teaspoon ground mustard seed
- Dash of cayenne pepper
- Salt and pepper to taste
- 12 slices fresh melon (optional)

#### Directions:

1. Preheat oven to 350°.
2. Grease sides and bottom of 9 x 12 casserole pan with butter, in a small sauce pan, melt the remaining part of the stick. Dust the pan with an even layer of bread crumbs, shaking out any extra. Line the bottom of the pan with the cubed English muffins, and drizzle the melted butter over.



Nutrition Facts			
Serving Size 1/12 of recipe 192g (191 g)			
Servings per container 12			
Amount Per Serving			
<b>Calories</b> 529	Calories from Fat 419		
% Daily Value*			
<b>Total Fat</b> 47g			73%
Saturated Fat 12g			62%
Trans Fat			
<b>Cholesterol</b> 349mg			116%
<b>Sodium</b> 546mg			23%
<b>Total Carbohydrate</b> 13g			4%
Dietary Fiber 2g			9%
Sugars 3g			
<b>Protein</b> 16g			
Vitamin A	71%	Vitamin C	17%
Calcium	14%	Iron	16%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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3. Dice the Canadian bacon, and chop the spinach into small pieces. Sauté over medium heat until the spinach is wilted. Set aside to cool.
4. In a large mixing bowl, whisk the eggs. Fold in cooled spinach, bacon mix, salt and pepper, pour over the muffins. Cover and refrigerate overnight.
5. Bake in oven uncovered for 45 minutes, or until toothpick inserted in the center comes out clean. Let stand until no longer bubbling, 10-15 minutes.
6. Prepare the sauce by melting ½ pound butter in a medium sauce pan add mustard, cayenne, salt and pepper, lemon juice and mayonnaise. Whisk until creamy.
7. Cut egg bake in to 12 servings. Drizzle each with sauce and garnish with paprika.
8. Serve with fresh melon on the side, optional.

## Chanukah Gelt Wontons

From the American Association of Orthodontists  
Recipe Makes 12

### Ingredients:

- 24 round wonton wrappers
- 12 large chocolate coins (1 ½")
- 2 tablespoons butter
- 2 tablespoons canola oil
- ¼ cup cinnamon sugar



### Directions:

1. Lay out 12 of the wonton wrappers on a clean work surface.
2. Unwrap the chocolate coins and place one in the center of each wonton wrapper.
3. Lightly brush the edges of each wonton wrapper with water and place another wonton wrapper on top, pressing the edges to seal in the chocolate coin.
4. Place butter and canola oil into a large frying pan and melt on medium heat.
5. Fry each wonton for 2-3 minutes per side.
6. Place the cinnamon sugar in a shallow bowl and dip both sides of the wonton until coated.
7. Let cool slightly and serve warm or at room temperature.

### Nutrition Information

Chanukah Gelt Wontons

Serving Size: 1 piece  
Servings per recipe: 12

**Calories per serving** 130

**Total Fat** 6g  
Saturated Fat 3g

**Cholesterol** 6mg  
**Sodium** 104mg  
**Total Carbohydrate** 16g  
Dietary Fiber 0g  
Sugar 9g

**Protein** 2g

### About the American Association of Orthodontists:

Members of the American Association of Orthodontists (AAO) help children, teenagers and adults achieve healthy, beautiful smiles.

Orthodontists are uniquely qualified specialists who diagnose, prevent and treat dental and facial irregularities to correctly align teeth and jaws. Orthodontists receive an additional two to three academic years of specialized education beyond dental school at an accredited orthodontic residency program. Only orthodontists qualify for AAO membership.

Founded in 1900, the AAO is the world's oldest and largest dental specialty organization. It represents more than 18,000 orthodontist members throughout the United States, Canada and abroad. The AAO encourages and sponsors key research to enable its members to provide the highest quality of care to patients, and is committed to educating the public about the need for, and benefits of, orthodontic treatment.

For more information, and to find AAO-member orthodontists near you, visit [mylifemysmile.org](http://mylifemysmile.org).

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