

# Egg Salad Variation

NUMBER OF SERVINGS: 2 to 3 sandwiches

## Ingredients

- Eggs 4
- Plain nonfat yogurt 2 Tbsp (30 mL)
- Light mayonnaise 2 Tbsp (30 mL)
- Dijon mustard 1 tsp (5 mL)
- Salt ¼ tsp (1.25 mL)
- Pepper ¼ tsp (1.25 mL)
- Celery, diced ¼ cup (60 mL)
- Green onion, chopped (optional) 1

## Directions

1. Place eggs in saucepan and fill with cold water to cover. Bring water to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.
2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.
3. Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth.
4. Add celery and green onion (if using) and stir to combine.
5. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

## Variations

1. **Salmon Dill:** Omit green onion. Add ¼ cup (60 mL) smoked salmon, finely chopped, 1 Tbsp (15 mL) fresh dill, chopped, and 2 tsp (10 mL) capers, chopped.
2. **Pickle Bacon:** Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 mL) horseradish (or more if desired).
3. **Chili Avocado:** Omit celery and green onion. Add half of an avocado, diced, 1 Tbsp (15 mL) red onion, minced, and ½ tsp (2 mL) chili powder.

## NUTRITION PER SERVING

Calories 151 | Protein 9g | Fat 11g | Carbohydrates 3g | Fibre 0g | Sodium 600mg



The average chicken lays 320 eggs a year. All of these eggs are washed, graded by weight, and sent to the grocery store within 3-7 days.



Eggs are packed with nutrients and although they also contain cholesterol, they are still part of a healthy diet.



Rethink your traditional egg salad sandwich and use these recipes as dips with crackers or sliced pita bread.

# Mains



Recipe  
and photo  
provided by: