

Our Favorite Egg Salad

This creamy, crunchy, comforting classic, goes nicely in a sandwich or wrap, inside a lettuce leaf, or scooped on top of a green salad.

Makes: 4 servings

Prep Time: 20 minutes

Cook Time: 15 minutes (For the eggs)

Source: [chopchopfamily.org, recipe/our-favorite-egg-salad](http://chopchopfamily.org/recipe/our-favorite-egg-salad)

Ingredients

- 2 tablespoons plain Greek yogurt
- 1 tablespoon olive oil
- 1 teaspoon mustard (any kind you like)
- 1/2 teaspoon salt
- 1 celery stalk, chopped
- 4 large eggs, hard-cooked and peeled

Directions

1. Put the yogurt, olive oil, mustard, herbs, and salt in the bowl and mix well.
2. Add the celery and mix well.
3. Cut the eggs in half lengthwise and then cut them back and forth a few more times (they don't need to be evenly cut and they don't need to be cut into tiny pieces).
4. Add the eggs to the bowl and, using the fork or spoon, mix well. Now taste the egg salad. Does it need a pinch more salt? If so, add it and taste again.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	110
Total Fat:	8.7 g
Saturated Fat:	2.1 g
Cholesterol:	186 mg
Sodium:	367 mg
Total Carbohydrates:	1 g
Dietary Fiber:	0.2 g
Total Sugars:	0.7 g
Added Sugars:	0 g
Protein	7.3 g

Utensils Needed

- Cutting board
- Sharp knife
- Measuring spoons
- Small bowl
- Fork or spoon, for mixing

SHOPPING LIST

Average total cost without oil and seasonings: \$3.46

Average cost/serving: \$.87

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Nonfat Plain Greek Yogurt,
5.3 oz container



Add 1 to Cart
Large Eggs, 12 count



Add 1 to Cart
Fresh Celery

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve right away, or cover and refrigerate up to 1 day.

Cooking Tips

- Not sure what to do with the extra eggs?
Check out snapedny.org where you will find many different egg recipes such as, baked kale frittata, or even a healthy breakfast burrito.
- Or use the extra eggs for pancakes and muffins!
- Celery goes great in any soup, or even any type of salad such as a chicken salad, fresh garden salad, or even a pasta salad!

