



A Healthy Egg Salad

Jacob · 30/09/2024



Prep Time

8

Difficult

Medium

Servings

N/A

Description

This healthy egg salad uses lowfat mayonnaise and more whites than yolks I used to buy egg salad at my companys cafeteria Learning this DIY recipe at home saved me a bunch of money

Ingredients

- - 12 hard-cooked eggs
- divided - $\frac{1}{4}$ cup low-fat mayonnaise - $\frac{1}{4}$ cup chopped fresh chives - 1 teaspoon Dijon mustard - $\frac{1}{2}$ teaspoon celery salt - $\frac{1}{2}$ teaspoon ground paprika - $\frac{1}{2}$ teaspoon kosher salt - $\frac{1}{2}$ teaspoon freshly ground black pepper

Instructions

1. Peel and chop 8 eggs; place in a medium bowl. Peel remaining 4 eggs. Cut each in half to remove yolks
2. reserving them for another use. Chop whites and add to the bowl. Mix in mayonnaise
3. chives
4. Dijon
5. celery salt
6. paprika
7. kosher salt
8. and pepper until salad is well combined.