



Simply Egg Salad

Jacob · 30/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 20 mins

Description

A classic egg salad sandwich hits the spot on many occasions You can serve it on your favorite sliced bread or buns toasted or plain Its always a sandwich to enjoy Great for picnics too

Ingredients

- - 4 eggs - 2 tablespoons plain nonfat yogurt - 2 tablespoons light mayonnaise - 1 teaspoon Dijon mustard - $\frac{1}{4}$ teaspoon salt - $\frac{1}{4}$ teaspoon ground black pepper - $\frac{1}{4}$ cup diced celery - 1 green onion
- chopped

Instructions

1. Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover
2. 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. Place peeled
3. hard cooked eggs in a bowl and using a fork or potato masher
4. mash eggs until finely chopped. Stir in yogurt
5. mayonnaise
6. Dijon mustard
7. salt and pepper until smooth. Add celery and green onion (if using) and stir to combine. Spread over your favorite bread
8. stuff into pita halves or scoop some onto your favorite salad greens. Cook's Note Rethink your traditional egg salad sandwich and try these recipe variations as dips with crackers or sliced pita bread! Salmon Dill: Omit green onion. Add 1/4 cup smoked salmon (finely chopped)
9. 1 tablespoon fresh dill (chopped)
10. and 2 teaspoons capers (chopped). Pickle Bacon: Omit celery. Add 1 small dill pickle (diced)
11. 2 strips of bacon (cooked and chopped)
12. and 1 teaspoon horseradish (or more if desired). Chili Avocado: Omit celery and green onion. Add half of an avocado (diced)
13. 1 tablespoon red onion (minced)
14. and 1/2 teaspoon chili powder.