



Avocado Egg Salad

Recipe Source: twopeasandthierpod.com

Serves 4

Ingredients:

2 hard-boiled whole eggs plus 2 egg whites, chopped
2 small avocados, pitted and peeled
1 Tbsp plain Greek yogurt
1 Tbsp fresh lemon juice
2 Tbsp chopped green onion
¼ tsp Dijon mustard
Salt and freshly ground black pepper, to taste

Steps:

- In a medium bowl, combine the eggs and egg whites, avocado, yogurt, lemon juice, green onion, and mustard. Mash with a fork.
- Season to taste with salt and pepper.
- Serve immediately (best eaten the day it's made).

Tips from the Test Kitchen: Use whole grain bread, crackers, pita, and/or cut up fresh vegetables for serving. Or serve on top a simple green salad using cucumber, tomato, and your favorite greens. If you like a little kick add a dash of cayenne pepper or hot sauce.

Nutritional Facts (Per Serving): Calories: 211, Carbohydrates: 9 grams, Protein: 7 grams, Total Fat: 17 grams, Saturated Fat: 2 grams, Cholesterol: 93 mg, Sodium: 68 mg, Fiber: 6 grams, Total Sugars: 1 gram.