

High Protein

EGG SALAD SANDWICH



Peachyfitbychinami

Egg Salad Sandwich

INGREDIENTS

- 8 large eggs
- ¼ cup plain nonfat greek yogurt
- 1 Tbsp dijon mustard
- 2 Tbsp chopped chives or green onion
- 1-2 Tbsp dill pickle relish
- ½ tsp salt and pepper



METHOD

- 01** Place eggs in a large saucepan. Cover them with cool water by 1 inch. Bring water to a boil (for easier to peel eggs, add 1/2 Tbsp salt and 1 Tbsp vinegar). Once at a rolling boil, set the timer for exactly 10 minutes (for perfect hard boiled eggs) then remove from heat. Run eggs over cold water for a few minutes until all the hot water is gone and you're left with the cold water. Let eggs sit in the cool water for 10 minutes until they reach room temperature.
- 02** Peel the eggs. Discard the yolks from 4 of them (I like to give them to my dogs). This helps make the egg salad lower calorie but you can use them all if you want! Sometimes I do that.
- 03** Then chop the 4 whole eggs and the 4 egg whites and add to a bowl. Add the yogurt, mustard, chives, pickle relish, salt and pepper. Combine well.
- 04** Make into a sandwich (or an open faced sandwich) or eat with your favorite crackers!

Enjoy the taste!!