

Avocado Egg Salad

Makes 4 Servings

This can be used in a sandwich or wrap, over salad greens, with crackers, or eaten by the spoonful!

Ingredients

4 hard-boiled eggs
1 avocado
1 tablespoon plain Greek yogurt
1 tablespoon fresh lemon juice
1-2 teaspoons Dijon mustard
Salt and freshly ground black pepper, to taste



Directions

1. In a medium bowl, combine hard-boiled eggs, avocado, Greek yogurt, lemon juice and mustard.
2. Mash with a fork.
3. You could also pulse in a food processor to desired consistency (chunky vs. smooth).
4. Season with salt and pepper, to taste.

Note: This salad is best eaten the day it's made, but will keep up to 2 days in an air tight container.

Nutrition Information per Serving: 160 Calories, 13g fat, 2.5g saturated fat, 390mg sodium, 5g carbohydrates, 3g fiber, 8g protein