

Egg Salad

Makes: 4 servings

Serve this creamy egg salad on a bed of lettuce or on whole wheat bread for a quick lunch.

Ingredients

4 hard boiled eggs (finely chopped)

1 package pickle relish (2/3 tablespoon)

1/2 teaspoon salt

1 teaspoon mustard (wet)

1/4 cup mayonnaise

Directions

1. Put the eggs in a pan of cold water. Simmer for 20 minutes.
2. Cool promptly in cold water, then in refrigerator, so the eggs will be easy to shell.
3. Remove the shells from eggs, and chop the eggs finely.
4. Mix all the ingredients together.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information

Nutrients	Amount
Calories	140
Total Fat	13 g
Saturated Fat	3 g
Cholesterol	100 mg
Sodium	440 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available