

Avocado Egg Salad

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Serves: 4

Ingredients:

- 4 hard boiled eggs, peeled and chopped
- 1 ripe avocado
- 1 stalk of celery, finely chopped
- ½ red onion, finely chopped
- 1 tbsp lemon juice
- 1 tsp dill, dried
- 1 tsp garlic powder
- 1 tsp dijon mustard
- Salt and pepper to taste
- Optional: 1 tbsp Greek yogurt or mayonnaise

Directions:

1. In a medium bowl, mash the avocado.
2. Then mix in the dill, garlic powder, mustard, and mayo/ Greek yogurt if you choose to use it.
3. Add in the eggs, celery, onion and mix everything well together.
4. Season with salt and pepper.
5. Serve on a sandwich, wrap, or on top of lettuce.

Nutrition Information (per 1 serving):

Calories: 250 kcal Fat: 20 g Carbs: 8g Protein: 10g Fiber: 5g Sodium: 180mg