



CREAMY EGG SALAD SANDWICH

Serves: 4 | Serving Size: 1 sandwich | Per Serving: \$.54

INGREDIENTS

- 6 large hard-cooked eggs
- ¼ cup reduced-fat mayonnaise
- 1½ teaspoons prepared mustard
- 1½ teaspoons sweet pickle relish
- ½ cup celery, chopped finely
- Dash salt
- 1/8 teaspoon black pepper
- 4 whole wheat English muffins

INSTRUCTIONS

1. Prepare eggs as directed on inside back cover.
2. Crack and peel the eggs; chop coarsely and place in a large mixing bowl.
3. Add mayo, mustard, relish, and celery. Mash together.
4. Season with salt and black pepper.
5. Serve on toasted English muffins, whole wheat bread, or crackers.

COOKING TIPS

- Store in a covered container in the refrigerator for up to 3 days (will get a little watery after the first day).
- Hard cook extra eggs for breakfast or snacks. Eggs are high in protein and low in cost.
- [Learn how to prepare hard cooked eggs.](#)

Nutrition Facts	
Serving Size 1 Sandwich (166g)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 320mg	107%
Sodium 570mg	24%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 16g	
Vitamin A 8%	• Vitamin C 0%
Calcium 8%	• Iron 10%

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