

Fresh Vegetable Egg Salad Sandwich Filling

Prep time: 10 minutes | Cooking time: 0 minutes | Number of servings: 4

4 hard cooked eggs, chopped

½ cup chopped spinach

⅓ cup grated carrot

¼ cup diced celery

¼ cup low-fat mayonnaise

½ teaspoon dry mustard or

1 tablespoon Dijon mustard

¼ teaspoon salt

¼ teaspoon ground pepper

Directions

1. In a medium bowl mix together eggs, spinach, carrot, celery, mayonnaise, mustard, salt, and pepper.



Food Sense Tips

- Serve on whole wheat bread, whole grain crackers, or use as a dip with vegetable strips (try cucumber, peppers, carrot, or celery sticks).
- Peeling hard cooked eggs is easier if you hold them under cold, running water while you work the peel free from the egg.

Nutrition Facts (Serving size ¼ recipe): Calories-100; Protein-6g; Carbohydrate-6g; Total Fat-7g; Saturated Fat-1.5g; Cholesterol-185mg; Fiber-1g; Sodium-330mg; Vitamin C-4%; Vitamin A-40%; Iron-2%; Calcium-2%

Source: Washington State University Extension Food Sense

How to Make Hard Cooked Eggs

1 dozen eggs

Directions

1. Place eggs in a medium to large saucepan and cover with cold water, enough to reach the top of the shells.
2. Cover the pan with a lid and bring to a light boil for 1 to 2 minutes; remove from heat, and let stand 15 minutes.
3. Drain, cover with cold water, and let stand until cool.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact <http://foodhelp.wa.gov> or the Basic Food Program at 877-501-2233.

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