Fresh Vegetable Egg Salad Sandwich Filling

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

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.