

Egg Salad Sandwiches

category: LUNCH

Adding vinegar to your pot of water before putting in the eggs will help seal the egg inside the shell, in spite of tiny cracks.



NUTRITION INFO

FOR 1 SERVING

| | | |
|--------------------------|-----|---------------|
| Calories | 284 | |
| Calories From Fat (35%) | 100 | |
| | | % Daily Value |
| Total Fat 11.39g | | 18 % |
| Saturated Fat 2.51g | | 13 % |
| Cholesterol 215.32mg | | 72 % |
| Sodium 485.30mg | | 20 % |
| Potassium 192.41mg | | 5 % |
| Carbohydrates 35.05g | | 12 % |
| Dietary Fiber 4.39g | | 18 % |
| Sugar 1.9g | | |
| Sugar Alcohols 0.00 | | |
| Net Carbohydrates 31.11g | | |
| Protein 12.19g | | 24 % |

You can keep tightly covered egg salad or hard boiled eggs in the refrigerator for up to 5-6 days. Uncooked eggs should always be refrigerated and used within the expiration date on the carton.

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WHAT YOU'LL NEED:

3 large eggs
Water (enough to cover the eggs in your pot)
½ tsp. vinegar
3 Tbsp. mayonnaise
¼ tsp. mustard
Salt to taste
Pepper to taste

FOR SANDWICHES:

6 slices whole wheat bread
6 leaves lettuce, washed & dried



Hard boil more eggs than you need – it takes the same amount of time to boil 2 or 12! They make nutritious, easy-to-grab snacks and taste great on top of salads. They're also an excellent source of protein!

TOOLS FOR THE JOB:

| | |
|-------------------------|------------------|
| Cutting Board & Knife | Measuring Spoons |
| Plastic or Wooden Spoon | Fork |
| Medium-sized Bowl | Timer (optional) |
| Small Pot with Lid | |

SKILL LEVEL:



Makes 3 Servings
Total Time:
about 30 min.

THE STEPS

- Put eggs into a small saucepan or pot and cover with tap water. Add vinegar. Cover pot and, with the stove burner on high, bring the water to a rapid boil.
- Once the water starts to boil, set a timer for 10 minutes.
- When the 10 minutes have elapsed, turn off the stove and run cold water into the pot for about 30 seconds. Then let the eggs rest in cold water for another 10 minutes.
- Crack the shells and peel the eggs.
- Cut eggs in half and put the cooked yolks into a medium-sized bowl. Chop up the egg whites and add them to the bowl.
- Add mayonnaise, mustard, salt and pepper, and mix together with a fork.
- Build your sandwiches with bread, lettuce and egg salad.