EGG SALAD

PREP TIME: 2 MIN
TOTAL TIME: 5 MIN
SERVINGS: 1-2

INGREDIENTS

- 2 hard boiled eggs
- 1 Tbsp Mayonnaise (Can substitute with plain Greek yogurt, pesto, avocado,
- Your choice of seasoning: Paprika, dill
- Optional: salt & pepper to taste, celery, carrots, dijon mustard, tomatoes (diced or cherry tomatoes)

DIRECTIONS

1. Simply mash 2 hard-boiled eggs with one tablespoon of mayo (or a substitute ingredient).
2. After mixing, add your preferred seasoning.
3. Salt and pepper to taste, and voila!
4. Enjoy with bread as a sandwich, add to a wrap or salad, with crackers, or even as a dip for veggie sticks.

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