EGG SALAD

SERVES 3

Preparation time: 30 minutes

INGREDIENTS

6 hard-boiled eggs
¼ cup mayonnaise (adjust to taste)
2 stalks celery, chopped
2 tablespoons onion, finely chopped
½ teaspoon prepared mustard
Salt and pepper to taste

DIRECTIONS

1. Place eggs in pan and add enough cold water to cover eggs.
2. Bring eggs to a boil. When boiling starts, remove from burner and cover. Let sit for approximately 20 minutes.
3. Drain eggs and rinse with cold water several times.
4. Once eggs cool, peel and chop.
5. Add remaining ingredients.
6. Serve as a sandwich filling on whole wheat bread.

TIPS & VARIATIONS

• MAKE DEVILED EGGS by slicing boiled eggs in half, lengthwise. Remove the yolks and mix with 3 tablespoons mayonnaise, ½ teaspoon mustard, ⅛ teaspoon salt, and ⅛ teaspoon pepper. Spoon mixture into hollowed out egg whites. Sprinkle with paprika or chopped fresh parsley.