

EGG SALAD

Ingredients:

6 hard-cooked eggs, peeled and chopped
1 celery stalk, finely chopped
1 green onion, finely chopped
2 cups salad greens
1 large cucumber, diced
2 Tbsp light mayonnaise
2 tsp Dijon mustard
Italian vinaigrette dressing



Tip: egg salad is usually eaten as part of a sandwich. Other ways of enjoying it could be making it part of any salad, eating it with crackers, or even using it as a dip (process in the blender until creamy).

Instructions:

- Combine eggs, celery, green onion, mayonnaise and mustard in a medium bowl. Mix well.
- Place salad greens and cucumber on a large plate. Mix with a little bit of Italian vinaigrette dressing.
- Add a few scoops of the egg mixture on top of the salad. Drizzle some more salad dressing and enjoy.

Serves 4

FOR MORE INFORMATION

Check out www.instructables.com/food for some really interesting recipes for beverages, desserts, breakfast ideas, appetizers and breads. The website also includes some really creative vegetarian recipes.