

**Lunch | Dinner** 

# **Avocado Egg Salad**

**10 Mins** Prep Time

10 Mins Cook Time

4 Servings

132 Calories 10g Fat 4g Carbs 4g Protein



## **Ingredients**

**♣** 4 Servings **♣** 20 Mins Total Time **♠** Allergens: Eggs

- 4 Large Eggs 🖤
- 1 Avocado, ripe
- 2 Tbsp Fresh Dill, chopped
- 2 Tbsp Fresh Parsley, chopped

Juice of ½ Lemon

Salt and Pepper, to taste (omit if bothersome)

## Allergen Swap

Eggs Use shredded chicken breast or cubed tofu

## **Nourishment Note**



## Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working it's best.



#### (f) Egg

Eggs are an excellent source of lean protein, which is important for healing.



## **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Boil Eggs

Cover eggs with cold water in a saucepan. Bring water to a boil. Turn off heat, and cover pan with lid. Leave eggs in covered saucepan, undisturbed, for 8-10 minutes.

#### 3. Prep & Chop Eggs

Discard water and run cooked eggs under cold water. Peel off shells. Chop the hard-boiled eggs into small pieces.

#### 4. Mash Avocado

Mash the peeled avocado in a bowl with a fork until mostly smooth.

#### 5. Mix Ingredients & Enjoy

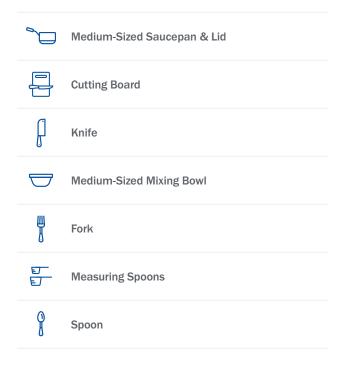
Add the chopped eggs, herbs, lemon juice, and salt and pepper to the mashed avocado. Mix well. Serve immediately or chilled.

#### 6. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

## What You'll Need



#### **Remission Remix**

 Top a piece of whole grain bread with avocado eggs salad for a boost in fiber and beneficial B-vitamins.