

# Egg Salad

**Makes:** 4 servings

Serve this creamy egg salad on a bed of lettuce or on whole wheat bread for a quick lunch.

## Ingredients

- 4 hard boiled eggs (finely chopped)
- 1 package pickle relish (2/3 tablespoon)
- 1/2 teaspoon salt
- 1 teaspoon mustard (wet)
- 1/4 cup mayonnaise

## Directions

1. Put the eggs in a pan of cold water. Simmer for 20 minutes.
2. Cool promptly in cold water, then in refrigerator, so the eggs will be easy to shell.
3. Remove the shells from eggs, and chop the eggs finely.
4. Mix all the ingredients together.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>140</b>
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<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	3 g
Cholesterol	100 mg
<b>Sodium</b>	<b>440 mg</b>
<b>Total Carbohydrate</b>	<b>1 g</b>
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>
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Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	