



Avocado Egg Salad Sandwich

Great on whole wheat pita, salad, or alone!

****Multiply Recipe by 4****

<u>U.S.</u>		<u>Metric</u>
1/2 each	Avocado, ripe	1/2 each
1 tsp	Red Wine Vinegar or Lemon Juice	5 mL
1 each	Hard-boiled Egg, cooled, peeled, chopped in hand chopper	1 each
1/2 stalk	Green Onion, chopped in hand chopper	1/2 stalk
1/8 tsp	Salt, Kosher	0.75 g
to taste	Black Pepper, ground	to taste
1/4 cup	Cucumber, chopped in hand chopper	26 g
1/4 tsp	Sriracha Hot Sauce (optional)	5 g
1 each	Sandwich Thin, Whole Wheat, toasted	1 each
1/4 cup	Greens, such as Arugula or Spinach	7.5 g

Preparation:

1. Gather all ingredients and equipment.
2. In a medium bowl, mash the avocado with the vinegar or lemon juice with the
3. Fold in the egg, green onion, salt, black pepper and cucumber into the mashed
4. Serve 1/2 cup of egg salad with greens or lettuce on top of whole wheat sandwich

Nutrition Facts

Serving size **1/2 cup salad**
 1/4 cup greens
 1 sandwich thin

Servings **1**

Calories 350
Calories from Fat 190

Total Fat 21 g
Saturated Fat 4 g
Trans Fat 0 g
Monounsaturated
Fat 12 g
Cholesterol 185 mg
Sodium 410 mg
Carbohydrates 34 g
Dietary Fiber 13 g
Sugars 5 g
Protein 14 g

Vitamin A 221 %
Calcium 8 %
Vitamin C 25 %
Iron 10 %
Phosphorus 156 mg
