



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, diced	1 each
1/2 stalk	Green Onion, sliced	1/2 each
1/8 tsp	Salt, Kosher	0.75 g
to taste	Black Pepper, ground	to taste
1/4 cup	Cucumber, diced small	26 g
1/4 tsp	Sriracha Hot Sauce (optional)	1.25 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. Place eggs in medium pan and cover with water. Bring to a boil and set timer for 10 minutes. Drain and place in ice water bath. Peel and dice.
3. In a medium bowl, mash the avocado with the vinegar or lemon juice with the back of a fork.
4. Fold in the egg, green onion, salt, black pepper and cucumber into the mashed avocado mixture.
5. Serve 1/2 cup of egg salad with greens or lettuce on top of whole wheat sandwich thins.

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
