

Avocado Egg Salad

Nix the mayo here by using the natural creaminess of avocado in its place.

Makes 2 servings

Prep Time: 3 minutes | Cook Time: 8 minutes

Price per serving: \$1.00

2 eggs

1 hass avocado

1 tbsp lemon juice

salt and pepper

a few sprigs chopped fresh dill (optional)

1 handful fresh spinach, torn into small pieces



Serve with: 1 slice of whole grain bread, plain, or atop of bed of salad greens

Place eggs in a small pot and fill pot with water until the eggs are barely covered. Place over medium high heat and bring to a boil. Once boiling, cook for 7-8 minutes, depending on how soft or hard you like your yolk.

While eggs are cooking, mash avocado in a bowl with lemon juice, spinach, dill, and salt and pepper to taste. Once eggs are done, rinse them under cold water, peel them and add them to the avocado mixture. Mash until combined. Serve atop toasted bread slices with tomatoes or toppings of your choosing, if desired.

Nutrition Facts	
Serving Size 126 g	
Amount Per Serving	
Calories 178	Calories from Fat 123
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 212mg	71%
Sodium 127mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	17%
Sugars 1g	
Protein 8g	
Vitamin A 36%	Vitamin C 18%
Calcium 5%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	