

Creamy Avocado Egg Salad Sandwich



Replacing mayonnaise with avocado is a heart healthy, fiber rich swap – plus it's delicious! We also add fun crunch to this creamy salad with cucumber and green onions.

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

4 each	Eggs, large
2 each	Avocado, ripe
1/2 tsp	Salt, Kosher
to taste	Black Pepper, ground
1 Tbsp	Apple Cider Vinegar or Lemon Juice
1 tsp	Sriracha Hot Sauce (optional)
2 stalk	Green Onion, sliced
1 cup	Cucumber, peeled & diced small
4 each	Sandwich Thin, Whole Wheat, toasted
1 cup	Greens, such as Arugula or Spinach

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Place eggs in medium pot and cover with water. Bring to a boil. Once the eggs are boiling, cover the pot, turn off the heat, and set timer for 10 minutes. Once the timer is up, drain the water and place the eggs in a bowl with some ice and water to stop the cooking process and cool them down. Once the eggs have cooled completely, remove from the water and place on a towel to dry.
3. In a medium bowl, use a fork to mash the avocado with the salt, pepper, vinegar or lemon juice, and optional hot sauce to a smooth consistency.
4. Peel the eggs, then dice or roughly chop them. Fold the chopped egg, green onion, and cucumber into the mashed avocado mixture.
5. Serve 1/2 cup of egg salad with spinach or arugula on top of toasted whole wheat sandwich thins.

CHEF'S NOTES

Because this egg salad uses avocado as the dressing, it is best to eat it the day you make it because the avocado will begin to turn brown. If you happen to have leftovers, you can add a little extra lemon juice which will minimize the browning. To store in your fridge, place leftovers in an airtight container and press plastic wrap down directly on top of the salad, so no air is touching it. Store for up to 2 days.

EQUIPMENT NEEDS

Medium-small Sauce Pot with Lid
Cutting Board
Medium Bowl
Fork
Chef Knife
Toaster (optional)
Paring Knife (optional)

Nutrition Facts

4 servings per container

Serving Size 1 sandwich (185 g)

Amount per serving

Calories 250

% Daily Value *

Total Fat 16g 21%

Saturated Fat 3g 16%

Trans Fat 0g

Cholesterol 185mg 62%

Sodium 430mg 19%

Total Carbohydrate 20g 7%

Dietary Fiber 8g 27%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 11g 21%

Vitamin D 1mcg 5%

Calcium 50mg 4%

Iron 1mg 8%

Potassium 500mg 11%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, Avocado Egg Salad Sandwich (10/30/19)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

