

# Avocado Egg Salad Toasts



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

|                                   |                                   |                                    |
|-----------------------------------|-----------------------------------|------------------------------------|
| <b>YIELD</b><br><b>4 SERVINGS</b> | <b>PREP TIME</b><br><b>10 MIN</b> | <b>TOTAL TIME</b><br><b>30 MIN</b> |
|-----------------------------------|-----------------------------------|------------------------------------|

## INGREDIENTS

|          |                                     |
|----------|-------------------------------------|
| 4 each   | Eggs, large                         |
| 2 each   | Avocado, ripe                       |
| ¼ tsp    | Salt, Kosher                        |
| to taste | Black Pepper, ground                |
| 1 Tbsp   | Apple Cider Vinegar                 |
| 1 tsp    | Sriracha Hot Sauce (optional)       |
| 2 stalk  | Green Onion, sliced                 |
| 1 cup    | Cucumber, peeled & diced small      |
| 4 each   | Whole Wheat Sandwich Thins, toasted |
| 1 cup    | Baby Arugula                        |

## 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.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Place the eggs in medium pot and cover with cold water. Bring to a boil. Once the eggs are boiling, cover the pot, turn off the heat, and set a 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. Meanwhile, in a medium bowl, use a fork or potato masher to mash the avocado with the salt, pepper, vinegar, 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. Create the toasts by adding about ¼ cup of the egg salad to each toasted sandwich thin and top with the arugula.

# Nutrition Facts

4 servings per container

**Serving size** 2 toasts (250g)

**Amount Per Serving**

**Calories** 380

**% Daily Value\***

**Total Fat** 21g 27%

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol** 185mg 62%

**Sodium** 500mg 22%

**Total Carbohydrate** 39g 14%

Dietary Fiber 11g 39%

Total Sugars 5g

Includes 2g Added Sugars 4%

**Protein** 16g 32%

Vitamin D 1mcg 6%

Calcium 120mg 8%

Iron 2.9mg 15%

Potassium 780mg 15%

\*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.

CONTAINS: EGG, WHEAT

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



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