

# Mashed Avocado EGG Salad

## WAC Fun Food Fact

What a great recipe for a quick packed lunch for school or work! Adding avocado in place of mayonnaise to egg salad adds heart healthy fat while decreasing calories. Place it on a bed of lettuce instead of bread for a lower carb option.



## INGREDIENTS

- 4 large hard boiled eggs, cooled and peeled
- 1/2 avocado (about 100 grams)
- 1 teaspoon Dijon mustard
- 1/2 of a small lime or lemon, juiced
- Salt and pepper to taste
- Optional Toppings & Garnishes
  
- Sliced tomatoes
- Lettuce leaves
- Sprinkle of fresh parsley
- Za'atar spices
- Extra sea salt

## DIRECTIONS

Add hard boiled eggs, avocado, dijon mustard, lime/lemon juice, and salt and pepper to a small bowl and mash with the back of a fork until fully combined.

If desired, serve on a slice of toasted bread with tomato, lettuce, a sprinkle of fresh herbs or dried spices, and a pinch of coarse sea salt. Can also be served on a bed of lettuce.

Serve immediately and eat the same day you prepare it.



Recipe of the Month |

SEPT

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