



Avocado Egg Salad Sandwich

Great on whole wheat pita, on top of a salad, or on its own!

<u>U.S.</u>		<u>Metric</u>
2 each	Avocado, ripe	2 each
1 Tbsp	Apple Cider Vinegar or Lemon Juice	15 mL
4 each	Hard-boiled Egg cooled, peeled, diced	4 each
2 stalk	Green Onion, sliced	2 stalk
1/2 tsp	Salt, Kosher	3 g
to taste	Black Pepper, ground	to taste
1 cup	Cucumber, peeled & diced small	100 g
1 tsp	Sriracha Hot Sauce (optional)	5 mL
4 each	Sandwich Thin, Whole Wheat, toasted	4 each
1 cup	Greens, such as Arugula or Spinach	40 g

Preparation:

1. Gather all ingredients and equipment.
2. Place eggs in medium pan 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 an ice water bath.
3. In a medium bowl, mash the avocado with the vinegar or lemon juice with the back of a fork.
4. Peel the eggs then dice or roughly chop them. 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 spinach or arugula on top of whole wheat sandwich thins.

Nutrition Facts

4 Servings

Serving size **1 sandwich**

Amount per serving

Calories **270**

Total Fat	14 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	7 g
Cholesterol	185 mg
Sodium	400 mg
Total Carbohydrate	29 g
Dietary Fiber	9 g
Total Sugars	4 g
Includes 0g Added Sugars	
Protein	13 g
Vitamin D	5 %
Calcium	4 %
Iron	7 %
Potassium	400 mg
Phosphorus	125 mg
