

Egg Salad Sandwiches

Ingredients:

6 eggs, hard-boiled
 3 tablespoons pickle relish
 1/8 teaspoon ground pepper
 1/3 cup fat-free mayonnaise
 12 each whole wheat bread
 slices

Equipment:

Mixing bowl
 Fork
 Mixing spoon
 Measuring cups
 Measuring spoons
 Knife

Number of Servings: 6
 Preparation Time: 10 minutes
 Total time: 10 minutes

Directions

1. Tap eggs on hard surface to crack. Peel eggs and throw shells away. Place in a bowl, and mash eggs with fork or potato masher.
2. Add relish, pepper and mayonnaise in mixing bowl, mash and mix well.
3. Spread mixture on six slices of bread, and top with remaining slices.
4. Can also broil or toast.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Amount Per Serving		Calories from Fat 73	
Calories 236		%Daily Value*	
Total Fat 8g			12%
Saturated Fat 2g			11%
Cholesterol 212mg			71%
Potassium 220mg			6%
Sodium 588mg			24%
Total Carbohydrate 32g			11%
Dietary Fiber 4g			16%
Protein 12g			23%
Vitamin A 6%	Vitamin C 0%		
Iron 14%	Calcium 7%		

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.