

RECIPE

Avocado & Egg Salad



1 Serving: 1 ½ cups

Calories: 150-200kcal

Carbohydrates: 12g

Protein: 44g

Fat: 4g

Fiber: 2g

Ingredients

2 large eggs

1 medium avocados

2Tbsp Greek yogurt

2 teaspoons mustard

1 teaspoon lemon juice

½ teaspoon each of salt and black pepper

2 tablespoons sliced red onions

1 tablespoon chopped parsley

Instructions

1)Bring a medium pot of water to a boil. Add the eggs, reduce the heat to low, and cook for 13 minutes. Drain and run the eggs under cold water to cool down.

2)Peel the eggs and cut them into small pieces. Scoop the egg yolks into a medium bowl. Finely chop the egg whites.

3)To the bowl of egg yolks, add the avocado, Greek yogurt, lemon juice, salt, and pepper. Mash with a fork.

4)Fold in the egg whites, green onions, and parsley.

Tips

Substitute the parsley and onion with 2 Tablespoons of Pico de Gallo to add more flavor