

Easy Egg Salad



Serving Size

3



Skill Level

Easy



Diet Type

Dialysis

Ingredients

- 5 hard boiled eggs
- 3 tbsp plain Greek yogurt
- 1 tbsp yellow mustard
- 1/4 tsp ground pepper

Optional additional ingredients: chopped celery, chopped onions, sweet pickle relish

Directions

1. Boil eggs for 8 minutes
2. Once eggs have cooled, peel
3. Chop boiled eggs
4. In a bowl add chopped boiled eggs, Greek yogurt, yellow mustard, and ground pepper (add additional ingredients listed if preferred)
5. Place bowl in refrigerator and allow to cool for a minimum of 45 minutes
6. Enjoy!

Nutrition Facts

Serving Size: 1/2 cup

Amount per serving

Calories 134

Sodium	175 mg
Potassium	145 mg
Phosphorus	190 mg
Carbohydrates	1 g
Protein	12 g