

Egg Salad with Greek Yogurt

Makes 4 servings | Serving size: 1/2 cup

Ingredients Needed:

- 6 hard-boiled eggs
- 1/4 cup nonfat plain Greek yogurt
- 2 teaspoons lemon juice
- 1 teaspoon dried minced onion or
1 tablespoon fresh green onion
- 1/2 cup celery, diced
- (optional) 1/4 teaspoon pepper
- (optional) 1/8 teaspoon salt



Directions:

1. Using a potato masher or fork, breakdown hard-boiled eggs into small pieces.
2. Add Greek yogurt, lemon juice, onion, celery, pepper, salt, and mix together.

3. Serve with crackers or on your favorite whole wheat bread.

Variations

- Add more onion or pepper depending on your flavor preference.
- Omit the celery if preferred.