

Lunch | Dinner

Avocado Egg Salad

10 Mins
Prep Time

10 Mins
Cook Time

4
Servings

132 Calories **10g Fat** **4g Carbs** **4g Protein**



Ingredients

4 Servings **20 Mins Total Time** **Allergens: Eggs**

4 Large Eggs

1 Avocado, ripe

2 Tbsp Fresh Dill, chopped

2 Tbsp Fresh Parsley, chopped

Juice of ½ Lemon

Salt and Pepper, to taste (omit if bothersome)

Allergen Swap

Eggs Use shredded chicken breast or cubed tofu

Nourishment Note



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working it's best.



Egg

Eggs are an excellent source of lean protein, which is important for healing.

Instructions

1. Boil Eggs

Cover eggs with cold water in a saucepan. Bring water to a boil. Turn off heat, and cover pan with lid. Leave eggs in covered saucepan, undisturbed, for 8-10 minutes.

2. Prep & Chop Eggs

Discard water and run cooked eggs under cold water. Peel off shells. Chop the hard-boiled eggs into small pieces.

3. Mash Avocado

Mash the peeled avocado in a bowl with a fork until mostly smooth.

4. Mix Ingredients & Enjoy

Add the chopped eggs, herbs, lemon juice, and salt and pepper to the mashed avocado. Mix well. Serve immediately or chilled.

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Medium-Sized Saucepan & Lid



Cutting Board



Knife



Medium-Sized Mixing Bowl



Fork



Measuring Spoons



Spoon

Remission Remix

- Top a piece of whole grain bread with avocado eggs salad for a boost in fiber and beneficial B-vitamins.