

Lunch | Dinner

Avocado Egg Salad

Side Effect: Weight Loss/ Loss of Appetite

10 Mins
Prep Time

10 Mins
Cook Time

4
Servings

134 Calories **10g Fat** **4g Carbs** **7g Protein**



Ingredients

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

4 Large Eggs

1 Avocado, ripe

2 Tbsp Fresh Dill, washed

2 Tbsp Fresh Parsley, washed

Juice of ½ Lemon

Salt and Pepper, to taste

Allergen Swap

Eggs Use cooked shredded chicken breast or cubed tofu

Nourishment Note



Avocado

Avocados are both a fruit and a heart-healthy, monounsaturated fat. Avocados may help to increase the absorption of fat-soluble vitamins A, D, E, and K.



Egg

Eggs are a great source of protein. Protein is important for building new and healthy cells. Protein needs are often increased when going through cancer treatments.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. 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.

3. Prep & Chop Eggs

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

4. Mash Avocado

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

5. Mix Ingredients & Enjoy

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

6. Wash Dishes

Wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

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

Fatigue Buster

- Purchase pre-cooked hard-boiled eggs.
- Use dried herbs. Reduce amount to 1 Tsp of each dried herb.
- Purchase pre-squeezed lemon juice.