



Fancy Egg Salad

Instructions:

Peel and mash 1 whole egg and 2 egg whites in a large bowl.

Add the mayonnaise, oil, and lemon juice.

Add the spices.

Add the celery and scallions and mix well.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

5 minutes

Cook Time:

n/a

Ingredients:

1 egg - hard boiled

2 egg whites - hard boiled

1 1/2 oz. celery - chopped
finely

2 scallions - chopped finely

1/2 tsp. olive oil

1 TBSP. light mayonnaise

1 dash lemon juice

salt, pepper, & garlic powder
to taste