



## Fancy Egg Salad

### Instructions:

Peel and mash the egg and egg whites in a large bowl.

Add the mayonnaise, oil, and lemon juice.

Add the spices.

Add the celery and scallions and mix well.

**Serve with 2 slices of whole wheat bread**

**Counts as 1 lunch**

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**Prep Time:**

5 minutes

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**Cook Time:**

n/a

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### 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