



Mexican Egg Salad

Instructions:

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

Mix in the avocado and onion.

Add the salt & pepper and mix.

Serve with 2 slices of whole wheat bread

Counts as 1 lunch

Prep Time:

5 minutes

Cook Time:

n/a

Ingredients:

1 egg - hard boiled

2 egg whites - hard boiled

1/3 avocado - mashed well

1/2 small onion - chopped

salt & pepper to taste