



## Fancy Egg Salad

### Instructions:

Peel and mash the egg and egg white 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

1 egg white - hard boiled

1 oz celery - chopped finely

1 scallion - chopped finely

1/2 tsp. olive oil

2 tsp. light mayonnaise

1 dash lemon juice

salt, pepper, & garlic powder  
to taste