



Mexican Egg Salad

Instructions:

Peel and mash the egg and egg white 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

1 egg white - hard boiled

1/4 avocado - mashed well

1/3 small onion - chopped

salt & pepper to taste