

CLASSIC EGG SALAD

Prep Time: 10 minutes
Cook Time: none
Makes: 4 servings



WHAT YOU NEED

6 HARD-COOKED EGGS, sliced
1/4 cup mayonnaise
2 tsp. fresh lemon juice
1 Tbsp. minced onion
1/4 tsp. salt
1/4 tsp. pepper
1/2 cup finely chopped celery
Lettuce leaves

HERE'S HOW

1. **RESERVE** 4 center egg slices for garnish, if desired. **CHOP** remaining eggs.
2. **MIX** mayonnaise, lemon juice, onion, salt and pepper in medium bowl. **ADD** chopped eggs and celery; mix well. **REFRIGERATE**, covered, to blend flavors.
3. **SERVE** on lettuce leaves; garnish with reserved egg slices.

INSIDER INFORMATION

- **Very fresh eggs** can be difficult to peel. To ensure easily peeled **eggs**, buy and refrigerate them a week to 10 days in advance of cooking. This brief "breather" allows the **eggs** time to take in air, which helps separate the membranes from the shell.
- **Hard-cooked eggs are easiest to peel** right after cooling. Cooling causes the egg to contract slightly in the shell.
- **To peel a hard-cooked egg:** Gently tap egg on countertop until shell is finely crackled **all over**. Roll egg between hands to loosen shell. Starting peeling at large end, holding egg under cold running water to help ease the shell off.
- **Hard-cooked egg storage time:** *In the shell*, hard-cooked **eggs** can be refrigerated safely up to one week. Refrigerate in their original carton to prevent odor absorption. **Once peeled**, **eggs** should be eaten that day.

NUTRITION INFORMATION

Nutrition information per serving: 169 calories; 12 g total fat; 3 g saturated fat; 4 g polyunsaturated fat; 4 g monounsaturated fat; 321 mg cholesterol; 367 mg sodium; 5 g carbohydrate; 0 g dietary fiber; 10 g protein; 416.0 IU Vitamin A; 26.2 IU Vitamin D; 40.2 mcg folate; 48.7 mg calcium; 1.5 mg iron; 190.8 mg choline.

*This recipe is an **excellent source** of choline, and a **good source** of protein and folate.*