

C's Egg Salad

Ingredients:

12 Hard-boiled Eggs
-using only 6 of the yolks-
1/3 cup Light Mayo
1/3 Plain Non-fat Yogurt (may be adjusted for your personal consistency)
2 Tbsp. Yellow Mustard
Shakes of Morton's Nature's Seasoning OR Spike

Directions:

1. Place eggs in a large pot filled with salt-water so that the eggs are completely immersed. When the water begins a rolling boil, allow that process to continue for 6 - 7 minutes. Cover pot and remove from heat. Let sit for at least 10 minutes.
2. Remove the lid and transfer the pot to the sink. Allow cold water to run through the pot until all of the hot water is gone. Let sit in the cold water for 5 minutes. Drain.
3. Remove the egg shells and place the shelled eggs in a large bowl.
4. Using a sharp knife, slice the eggs length-wise, tossing half of every yolk. Using an egg slicer, place each side of the egg into it in BOTH directions into another small bowl.
5. Add the remaining ingredients and use a fork and a knife to mix it all together.

1/3 heaping cup = 2 units of Protein AND 2 units of fat

1/2 cup = 3 units of Protein AND 3 units of Fat

3/4 cup = 4 units of Protein AND 4 units of Fat

1 cup = 5 units of Protein AND 5 units of Fat