

C's Delish Egg Salad

Yields: five 2 unit portions protein & fat (1/3 heaping cup)
three & a half 3 unit portions protein & fat (1/2 cup)
two & a half 4 unit portions protein & fat (3/4 cup)
two 5 unit portions protein & fat (1 cup)

Ingredients:

12 Hard-Boiled Eggs
4 Tbsp. Low-Fat Cottage Cheese
2 Tbsp. Kraft Light Mayo
Morton's Nature's Seasoning to taste
Tapatio Hot Sauce to taste *optional
2 green onions, thinly sliced

Directions:

Step 1: Hard-boil your eggs in a large pot with cold water covering your eggs with at least one inch of water. Bring to a rolling boil for 3 minutes. Cover, remove from heat and allow to stand for about 10 - 15 minutes. Drain and transfer eggs to an ice-water bath until cold. Crack the shells a bit and let the cracked shelled eggs sit to loosen the membrane under the shell.

Step 2: Remove the shells. remove the yolks, discarding half (6 whole yolks-gone).

Step 3: Use an egg slicer and slice up all of the eggs/whites into a medium sized bowl. Add the remaining ingredients, except for the onion. Use a fork and mash well, blending at the same time. Sprinkle with the onion and lightly mix in.