



early childhood community development centre

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## Classic Egg Salad

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*Ingredients - makes 6 sandwiches*

- 9 eggs
- 1 teaspoon dry mustard
- 1/3 cup light mayonnaise
- 3-4 chopped green onions (optional)
- Whole grain bread, pitas or tortillas

*Directions*

1. Place eggs in a single layer in a pot; cover with at least 1 inch (2 ½ com) of cold water. Cover and bring to a boil, then remove from heat. Let eggs stand in hot water for 20-25 minutes.
2. Drain water and run cold water over eggs to cool them.
3. Peel eggs and place in bowl.
4. Mash together eggs, dry mustard, onions and mayonnaise. Salt & pepper to taste.
5. Spread on whole-grain bread, pitas or tortillas.

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