

## Egg salad



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

## **About this recipe**

Serves

4

Serving size

1/4 of prepared recipe

Time to make

15 minutes preparation; 5 minutes cook time; 20 minutes wait time

Special criteria

[Summer meals in a SNAP](#)

# Ingredients

- 6 eggs
- 1/4 cup mayonnaise (adjust to taste)
- 2 stalks celery, chopped
- 2 tablespoons onion, finely chopped
- 1/2 teaspoon prepared mustard
- Salt and pepper to taste

# Directions

1. Place eggs in pot and add enough cold water to cover eggs.
2. Bring eggs to a boil. When boiling starts, remove from burner and cover. Let sit for approximately 20 minutes.
3. Drain eggs and rinse with cold water several times.
4. Once eggs cool, peel and chop.
5. Add remaining ingredients and serve.

# Tips and variations

- Egg salad tastes great served on whole wheat bread or pita bread, topped with lettuce and sliced tomatoes.
- Increase the nutritional content by adding more vegetables to the salad. Try adding finely grated carrots, finely chopped broccoli or red bell peppers, or any of your family's favorites.
- Try adding different seasonings to this salad for something different. For example, mix 1/2 teaspoon curry powder and 1 tablespoon white raisins for an Indian-inspired salad.

# Nutritional info

Calories

124

Total fat  
8.2 g  
Saturated fat  
2.5 g  
Cholesterol  
280 mg  
Sodium  
124 mg  
Total carbohydrates  
2 g  
Dietary fiber  
0.4 g  
Protein  
9.7 g  
Total sugar  
1.4 g  
Allergens  
Eggs

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