



EGGSTATIC EGG SALAD

(DF, GF, PALEO)

INGREDIENTS

- 8 eggs
- 1/2 cup mayo (I used Primal Kitchen)
- 2 tablespoons dijon mustard
- 1/4 red onion, chopped
- two green onions, chopped
- sea salt and pepper, for seasoning

DIRECTIONS

How-to:

- 1.*Hard boil your eggs by placing them in a medium sized saucepan and filling it with enough cold water to cover the eggs. Bring it to a boil on high heat, cover, then turn off the heat. Allow them to sit covered for 15 minutes. Drain and peel the eggs, rinsing with cold water as needed.*
- 2.*Place the cooked eggs in a mixing bowl. Use a fork to “chop” or mash them.*
- 3.*Add the mayo, mustard, red onion, green onions and salt and pepper to taste. Mix with the fork.*
- 4.*To serve: Place some egg salad on a plate and eat alone or with your favorite crackers.*
- 5.*Eat and enjoy!*

Tips and Tricks:

- *Don't like red onion? Omit it.*
- *Want more red onion, add more. Store leftovers in sealed containers in the refrigerator.*

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

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