



Simple Egg Salad

Ingredients:

- 4 hard-boiled eggs
- 3/4 cup celery, diced
- 2 TBSP lemon juice
- 1 tsp Dijon Mustard
- 1 TBSP fresh dill, chopped
- Salt to taste
- Pepper to taste

Directions:

1. Peel hard-boiled eggs; Dice or mash
2. Place in large mixing bowl
3. Add remaining ingredients to the same bowl; Stir to combine
4. Serve over salad, on toast, with raw vegetables, or simply by itself
5. Enjoy!

Cookware needed:

- Cutting board
- Large bowl
- Large spoon

Cost: \$

Ease:



This egg salad is filled with healthy fats and fat-soluble vitamins from egg yolks. Eggs are also a great source of complete protein and contain tons of minerals to support bone and muscle health. Celery has a high water content, which means it is a super hydrating vegetable! Celery is also an excellent source of fiber to support bowel health.