

# AVOCADO EGG SALAD



## Ingredients

- 1 Medium Avocado
- ¼ Cup Fat Free Greek Yogurt
- 1 Teaspoon Lemon Juice
- 1 Teaspoon Spicy Brown Mustard
- ⅛ Teaspoon Black Pepper
- ⅛ Teaspoon Salt
- ⅛ Teaspoon Paprika
- 7 Large Hardboiled Eggs, Chopped



## Directions

1. In a mixing bowl add all ingredients except eggs; mix with a fork to combine well.
2. Add chopped eggs and fold into avocado mixture.
3. Serve on bread for sandwiches, with crackers or pretzels as a snack, or eat plain.

*Makes 2 cups.*

## Crediting

Provides a Meat/Meat Alternate at Lunch/Supper.  
Toddler: 1½ Tablespoons  
Preschool: 2½ Tablespoons  
School Age: 3 Tablespoons

