



# CREAMY EGG SALAD SANDWICH

Serves: 4 | Serving Size: 1 sandwich | Per Serving: \$.54

## INGREDIENTS

- 6 large hard-cooked eggs
- ¼ cup reduced-fat mayonnaise
- 1½ teaspoons prepared mustard
- 1½ teaspoons sweet pickle relish
- ½ cup celery, chopped finely
- Dash salt
- 1/8 teaspoon black pepper
- 4 whole wheat English muffins

## INSTRUCTIONS

1. Prepare eggs as directed on inside back cover.
2. Crack and peel the eggs; chop coarsely and place in a large mixing bowl.
3. Add mayo, mustard, relish, and celery. Mash together.
4. Season with salt and black pepper.
5. Serve on toasted English muffins, whole wheat bread, or crackers.

## COOKING TIPS

- Store in a covered container in the refrigerator for up to 3 days (will get a little watery after the first day).
- Hard cook extra eggs for breakfast or snacks. Eggs are high in protein and low in cost.
- [Learn how to prepare hard cooked eggs.](#)

Nutrition Facts	
Serving Size 1 Sandwich (166g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 280	<b>Calories from Fat</b> 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 320mg	<b>107%</b>
<b>Sodium</b> 570mg	<b>24%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 8g	
<b>Protein</b> 16g	
Vitamin A 8%	• Vitamin C 0%
Calcium 8%	• Iron 10%

# IOWA STATE UNIVERSITY

## Extension and Outreach

... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

January 2012.