

Open face egg salad sandwiches

Transform an all-time lunch favourite with a little extra colour and crunch. Keep hard-cooked eggs handy in the fridge to whip up these easy sandwiches.



Vegetarian



30 mins or less



No-cook



PREP TIME
5 min



COOK TIME
0 min



SERVINGS
2

Ingredients

- 2 hard-cooked eggs, peeled
- 15 mL (1 tbsp) each 0% fat plain Greek yogurt and light mayonnaise
- Pinch fresh ground pepper
- 1 stalk celery, finely diced
- 60 mL (1/4 cup) finely diced red bell pepper
- 1 green onion, thinly sliced (optional)
- 5 mL (1 tsp) chopped fresh dill or parsley or 1 mL (1/4 tsp) dried dill weed
- 2 leaves leaf lettuce
- 2 slices whole grain bread or dense pumpernickel dark rye bread

Directions

1. In a bowl, use a fork to mash eggs until crumbly. Stir in yogurt, mayonnaise and pepper. Add celery, red pepper, green onion if using, and dill; stir until combined well.
2. Place lettuce on bread slices and divide egg salad on top.

Tips

- ✓ Little chefs love to peel the hard-cooked eggs. **Hard-cooked eggs** can be stored in their shells, in a covered container in the refrigerator for up to **one week**.
- ✓ **Get a head start.** You can make the egg salad a day ahead, and just assemble the sandwich before serving.
- ✓ **No-fail way to make hard-cooked eggs:** Place eggs in a single layer in saucepan and cover about 2.5 cm (1 inch) above eggs with water. Cover and bring to a boil over high heat.
- ✓ Remove from heat and let stand for 15 to 20 minutes. Drain water and run cold water over eggs to chill. **Store eggs with their shells on** in the fridge for up to 1 week.

