



EGG SALAD

	Ingredients	Exchanges
Protein	20.6 gm egg yolk, hard boiled	2 (-3.0 gm)
	----- 29.2 gm egg white, hard boiled	----- 1.7 (+1.7 gm)
Fat	28.7 gm mayonnaise	6
Carbohydrate	4.8 gm Spanish onion, raw, chopped	0.5
	----- 4.2 gm bread & butter pickles, chopped	----- 0.8
Other	salt, pepper, and dry mustard	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Fill a small pot with cold water and place over a high flame.
- Place whole eggs, with shell, into the cold water. (This recipe needs about two eggs.)
- Bring the water to a boil, then turn the flame off, cover the pot, and allow to sit for 18 minutes.
- Remove the eggs carefully from the pot and rinse with cold water.
- Remove the shell from the egg, then separate the yolks from the egg whites.
- Weigh the egg whites and egg yolks, then chop together.
- Mix the remainder of the ingredients with the chopped eggs.
- Season to taste with salt, pepper, and dry mustard.
- Serve chilled.

VARIATIONS

- This recipe can be adjusted as needed to any ketogenic diet meal plan.
- Other vegetables such as celery or relish can be used in this recipe.
- Vegemise® can be used in place of regular mayonnaise for a milder tasting, less saturated fat option.
- Other dry seasonings can be used such as onion powder, paprika, or dried dill.