

Creamy Avocado Egg Salad

Avocados are a great swap for mayonnaise because of their creamy texture. Their natural, healthy monounsaturated fats will fill you up, cut cravings, and keep you feeling fuller longer. Plus, avocados provide nearly 20 essential nutrients, including fiber, potassium, Vitamin E, B-vitamins, and folic acid.

INGREDIENTS

- 4 large eggs
- 1 small avocado, mashed
- 1 teaspoon Dijon mustard
- 1 tbsp Greek yogurt
- 1 medium-length celery stalk, finely chopped (about 3 tablespoons)
- 1/2 of a small lemon, juiced
- 1 tbsp diced chives
- Salt and pepper to taste

DIRECTIONS

Add the eggs to a medium-sized pot and cover with a few inches of water. Cover and place on high heat. Bring water to a full (but gentle) boil and cook for 10 to 12 minutes.

Drain the water and immediately run cold water over the eggs. Transfer them to an ice bath and allow to chill for 10 minutes. Once cool, peel and roughly chop.

Add eggs, mashed avocado, Dijon mustard, Greek yogurt, celery, lemon juice, and salt and pepper to a small bowl and mash with the back of a fork until fully combined. Stir in chives.

Serve on a slice of toasted bread with lettuce and tomato; or on a bed of lettuce with a slice of tomato.

Best if served and eaten on the same day it's prepared.