

Egg Salad

Eggs are full of nutrients good for a baby's growing brain. If you are bored with scrambled eggs, give this recipe a try! This recipe switches out yogurt for half of the mayo to provide more vitamins and minerals. This is a flexible recipe! If you love mayo (or are out of yogurt) then use all mayo. The celery and carrots give the salad a nice crunch, but you can leave them out or add more. If your baby is less than 1 year old, you should leave out the veggies because they could cause choking. Use this recipe as a base and change it to your liking!

Makes: enough for 2 adults and 3-4 children

Takes: 20 minutes start to finish

Ingredients

1/4 cup nonfat plain yogurt

1/4 cup mayonnaise

1/2 teaspoon freshly ground pepper

1/4 teaspoon salt

8 hard-boiled eggs (see Tip)

1/2 cup finely chopped or grated carrot

1/2 cup chopped celery

Directions

1. Cook the eggs.

- a. Fill a large pot with hot water, put it on the stove over high heat and bring the water to a boil. Once the water is boiling, carefully add the eggs into the boiling water. (I use a big slotted spoon. Starting the eggs in boiling water makes them easy to PEEL when they are done!)



- b. Once all the eggs are in the pot, cover it with a lid and turn the heat down to a simmer. You want the water to be barely simmering the entire time. Set a timer for 11 minutes.



- c. When the timer goes off, take an egg out, crack it, and check it for done-ness. If the egg is not done to your liking, keep cooking the eggs for 1-2 minutes. If the egg is cooked to your liking, dump the eggs into a colander and run cool water over them until they are cool enough to touch. For egg salad the yolk (yellow part) should be cooked all the way through without green color.



- d. If you are going to make egg salad with all the eggs, peel them right away. Otherwise, keep the eggs in their shell in the fridge. Hard boiled eggs with their shells on will keep in the fridge for 1 week.

2. Make the dressing.

- a. While the eggs are cooking for 11 minutes, make the dressing and chop the veggies.
- b. To make the dressing, whisk together the mayo, yogurt, salt and pepper.
- c. Wash and chop the celery, wash and shred the carrots.



3. Combine eggs, veggies and dressing

- a. Once the eggs are cooked and peeled, chop them on the same cutting board you used for the celery. Add the eggs to the bowl with the veggies and dressing, stir gently to combine.



- b. Serve on top of bread, toast, crackers, or in a lettuce leaf! *Use within 1 day*, egg salad goes bad quickly and can make you sick.