



NUTRITION CONSULTING INC.

Egg Salad Sliders

Created by the Egg Farmers of Canada

Makes 8 servings

Prep: 20 min.

Cook: 0 min.

What you need:

5	hard-cooked eggs, peeled and chopped	5
1	stalk celery, finely diced	1
2 tbsp	light or regular mayonnaise	25 mL
1/8 tsp	pepper	0.5 mL
4	carrots, peeled	4
2	curly lettuce leaves	2
8	burger buns or dinner rolls, mini, split	8
8	1-1/2 inch (4 cm) square slices light Cheddar cheese	8
2	small Roma tomatoes, sliced	2
1	dill pickle, sliced into coins	1
2 tbsp	ketchup (optional)	25 mL
2 tbsp	pickle relish (optional)	25 mL



How to prepare:

Combine eggs, celery, mayonnaise and pepper in medium bowl and mix well. Place small piece of lettuce on bottom half of each bun, then top with egg salad, dividing it equally between eight buns. Top egg salad with slice of cheese, tomato and pickle. Cover with top half of bun to form a burger. Serve with ketchup and relish, if desired.

Notes:

Serve Egg Salad Sliders with carrot "fries". Using a crinkle cutter or a knife, cut carrots into 2 x 1/4-inch (5 x 0.5 cm) "fries", set aside.

It's your health.



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com



Nutrients per slider:

Calories 241

Fat 9 g

Saturated Fat 2.5 g

Trans Fat 0 g

Sodium 484 mg

Carbohydrate 22 g

Fibre 2 g

Sugars 1 g

Protein 16 g

Recipe used with permission from the Egg Farmers of Canada. Visit www.eggs.ca for more great recipes.

Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit www.healthstandnutrition.com. Twitter @chocoholicRD.

It's your health.



Take a stand.

NUTRITION COACHING | SEMINARS | CONSULTING

PHONE: (403) 262-3466 www.healthstandnutrition.com