

Norma's Curried Egg Salad



Ingredients

- 7 hard-boiled eggs
- 1 teaspoon Dijon mustard
- 1/3 cup low fat mayonnaise
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon curry powder
- 1/4 cup diced red onion
- 1/4 cup sweet chutney
- 3 tablespoons diced red capsicums
- 2 teaspoons white distilled vinegar

Instructions:

Chop eggs. Combine with remaining ingredients. Serve 1/2 cup.

Serving size 1/2 cup

Makes 6 servings

Per serving:

195 calories

5 gm. carbohydrate

12 gm. fat

245 mg. cholesterol

8 gm. protein

397 mg. sodium

Trace fiber

Note: To further reduce calories, substitute plain non-fat yogurt for the mayonnaise

Serving Suggestions:

- Serve on ½-1 toasted whole wheat English muffin (if bread is tolerated)
- Lettuce wrap: roll egg salad in a Romaine lettuce leaf. Eat with a portion of fruit.
- Serve over 1 cup salad greens (ex: baby spinach or romaine). Garnish with orange slices.