

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Creamy Egg Salad Lettuce Wraps

Classic creamy egg salad with crunchy celery, served in crisp lettuce leaves. 3 g net carbs and 10 g protein.

Makes 4 servings | Serving: 1/2 cup | About $0.54 per serving | 15 min | 3 g net carbs

Ingredients

- 6 large hard cooked eggs
- 1/4 cup light mayonnaise or salad dressing
- 1 1/2 teaspoons prepared mustard
- 1/2 cup celery (chopped finely)
- 1 1/2 teaspoons sweet pickle relish (optional)
- 1 dash salt
- 1/8 teaspoon ground black pepper

Nutrition Facts

Per serving (1/2 cup)

Calories	**150**
Total Fat	10 g
Saturated Fat	3 g
Sodium	310 mg
Total Carbohydrate	3 g
Dietary Fiber	0 g
Total Sugars	2 g
Added Sugars	1 g
Protein	10 g
Calcium	48 mg
Iron	1 mg
Potassium	142 mg

Method

1. Peel the hard-cooked eggs, chop them coarsely and place in a large bowl.
2. Add the mayonnaise, mustard, celery and relish, if using, and mash together.
3. Season with salt and pepper.
4. Spoon into large lettuce leaves and wrap to serve.

Swaps: Skip the sweet relish to trim carbs. Stir in chopped chives or a pinch of paprika.

Storage: Refrigerate up to 3 days.

Why it's good for you

- Eggs provide protein and choline.[1]
- Celery and lettuce add crunch for very few carbs.[2]

[1] NIH Office of Dietary Supplements: Choline fact sheet, https://ods.od.nih.gov/factsheets/Choline-Consumer/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Vegetables and Fruits, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/vegetables-and-fruits/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/creamy-egg-salad-sandwich/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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