

sweet egg salad sandwich



Total Time: **20 minutes**

Prep Time: **15 minutes**

ingredients (Servings: 4 large or 6 small)

5 whole eggs (or 7 egg whites)

1 Tablespoon sweet pickle relish

1/4 cup thinly sliced scallions

2 teaspoons chopped fresh dill (or 1 teaspoon dried dill)

6 fresh basil leaves, chopped (or 1 teaspoon dried basil)

1 teaspoon dried oregano

2 Tablespoons fat-free sour cream

4 Tablespoons celery, finely chopped

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2 teaspoons Dijon mustard

8 slices rye bread, toasted

1 tomato, cut into 8 slices

1 cup of baby arugula leaves (or 4 leaves of your favorite lettuce)

Optional

4 small radishes, thinly sliced

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directions

step 1: To make hard-boiled eggs: place eggs in a saucepan and run cold water into the pan until water is one inch above eggs. Cook over medium heat until water begins to boil. Reduce the heat to low and simmer 13 minutes. Remove eggs from pan with a spoon or ladle and let cool slowly, or run cold water over them to cool more quickly. Peel the eggs when cool enough to handle.

step 2: Grate the eggs into a bowl using the large holes of the grater.

step 3: Add the pickle relish, scallion, dill, basil, oregano, sour cream, celery and Dijon

mustard. Stir until evenly mixed.

step 4: Divide the egg salad between four slices of the toasted rye bread. Top each sandwich with two slices of tomatoes and arugula or lettuce. Top with remaining slices of bread and serve.

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