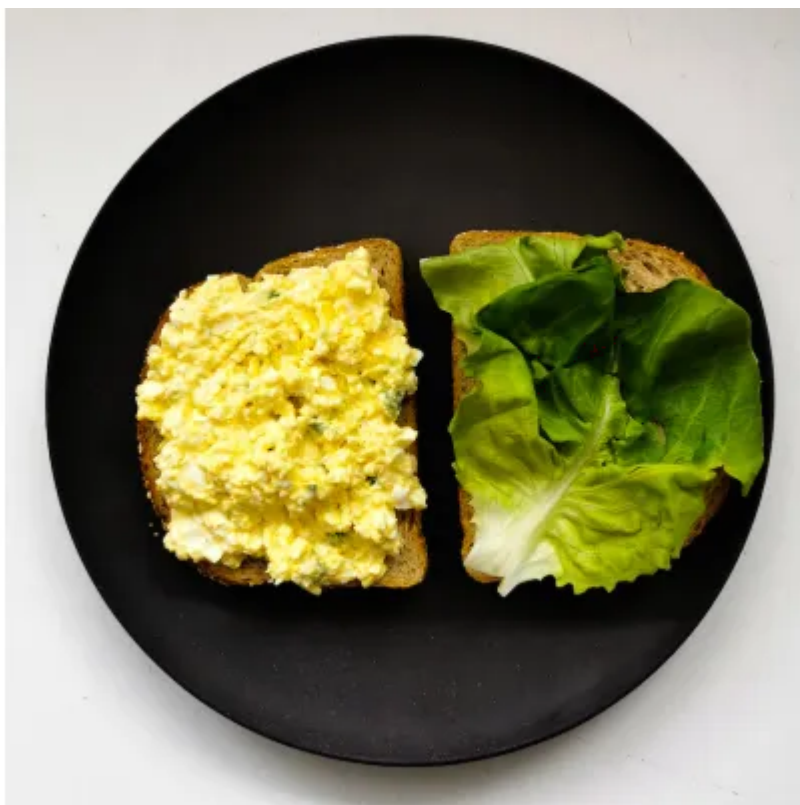


Refreshing Egg Salad Sandwich



Indulge in our irresistible refreshing egg sandwich, a perfect fusion of exquisite flavors and delightful textures. Experience the nutritional balance and captivating aromas that will brighten up your meals. A healthy and delicious pleasure not to be missed!

Preparation 5 min

Cooking 0-10 min

Servings 3

Nutrition Facts (per serving)

Calories 430

Fat 19

Carbohydrates 41

Fibre 5

Protein 25

Sodium 605

Ingredients

For the filling

- 6 eggs, hard boiled, cooled
- 80 ml (? cup) cottage cheese
- 30 ml (2 tbsp) mayonnaise

- 2 green onions, chopped (optional)
- Salt and pepper

For the sandwiches

- 6 slices of whole grain bread
- A few lettuce leaves

Note: [Check this tutorial](#) on how to cook your hard-boiled eggs to perfection.

Preparation

1. In a bowl, mash the eggs with a fork.
2. Add the other "topping" ingredients and mix well.
3. Spread ? of the filling on a slice of bread, add a lettuce leaf and close the sandwich with a second slice of bread. Repeat for the remaining two sandwiches.

Notes

The filling can be prepared ahead of time and the sandwiches can be assembled just before serving. Can be kept for 2 days in the refrigerator and does not freeze.



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