

Breakfast Egg Salad



Serves: 10-12



Cooking Time: 45 minutes



Level: Easy



INGREDIENTS

- 6 large eggs
- 2 tablespoons full-fat mayonnaise
- 2 tablespoons plain 2% Greek yogurt
- 2 teaspoons Dijon mustard
- 4 slices cooked bacon, crumbled
- 3 tablespoons finely chopped red onion
- 1 tablespoon finely chopped fresh chives
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 pieces 100% whole-grain bread, toasted

PREPARATION

1. Put the eggs in a medium saucepan, cover with 1 inch of water, and bring to a boil over high heat. Remove the pan from the heat, cover, and let stand for 12 minutes. Immediately transfer the eggs to an ice bath for 5 minutes. Peel and chop the eggs.
2. In a medium bowl, combine the eggs, mayonnaise, yogurt, mustard, bacon, red onion, chives, salt, and pepper. Serve on toast. The egg salad will keep in an airtight container in the refrigerator for 1 day.