



## SOFT AND CREAMY AVOCADO EGG SALAD RECIPE

PREP TIME: 15 MIN • COOK TIME: 5 MIN • YIELDS: 4 SERVINGS

### INGREDIENTS

- 4 hard-boiled eggs, peeled (can use store-bought hard-boiled eggs)
- 1 avocado
- 1 tbsp plain yogurt
- 5 tbsp finely grated Parmesan cheese
- ½ tsp lemon juice
- ⅛–¼ tsp salt
- Pinch of pepper

**TIP:** For a healthier dish, use low-fat or nonfat yogurt.

### DIRECTIONS:

1. Dice hard-boiled eggs.
2. Place the diced eggs into a mixing bowl.
3. Dice the avocado and add to the mixing bowl.
4. Add yogurt, cheese, lemon juice, salt and pepper to the mixing bowl and gently mix everything together.

**TIP:** For the avocado, cut in half-lengthwise first, remove the pit, use a large spoon to remove the flesh from the skin and then dice.

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.