



Recipe: **Egg Salad and Toast** *by Alexa Barad*

INGREDIENTS:

6 large eggs
½ cup celery, chopped
1 cup cherry
tomatoes, quartered
¼ cup non-fat yogurt
1 tsp dried mustard
1 tsp lemon or lime juice
½ tsp black pepper
½ tsp salt
Spinach leaves
Whole-grain bread

DIRECTIONS:

1. Add eggs to a 2-quart sauce pan and cover with water.
2. Cover pan and bring to boil.
3. Boil eggs until thoroughly done.
4. Remove from heat and drain.
5. Run cold water over eggs or place in ice bath and drain when cool.
6. Crack and peel eggs under cold water.
7. Chop eggs and place in mixing bowl.
8. Add tomatoes, celery, yogurt, mustard, lemon juice, pepper and salt and stir.
9. Toast bread and top with spinach and egg salad.