



EGG SALAD STUFFED PICKLES

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Hard-boiled Eggs	2	Green Onion, finely chopped	1 tbsp.
Nonfat Plain Greek Yogurt	2 Tbsps.	Garlic Powder	¼ tsp.
Dijon Mustard	1 Tsp.	Salt and Black Pepper, to taste	
Celery, finely diced	1 Tbsp.	Large Whole Dill Pickles	2
SERVING SIZE	4		

PREPARATION

- 👉 Slice the hard-boiled eggs in half and place the yolks in a small bowl.
- 👉 Mash the yolks with Greek yogurt, Dijon mustard, garlic powder, salt, and pepper until creamy.
- 👉 Finely chop the egg whites and add them to the yolk mixture.
- 👉 Stir in celery and green onion.
- 👉 Slice the pickles in half lengthwise.
- 👉 Carefully scoop out a small amount of the center of each pickle to create space for the egg salad.
- 👉 Fill each pickle half with the egg salad.
- 👉 Refrigerate until ready to serve.