



HAM & EGG SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Large Hard-boiled Eggs	6	Celery, Finely Diced	¼ Cup
Lean Ham, Finely Diced	3 Oz.	Green Onion, Finely Chopped	2 Tbsps.
Nonfat Plain Greek Yogurt	¼ Cup	Garlic Powder	½ Tsp.
Dijon Mustard	1 Tbsp.	Salt and Black Pepper, to taste	
SERVING SIZE	1		

PREPARATION

- Slice the hard-boiled eggs in half and separate the yolks from the egg whites.
- Place the yolks in a bowl and mash with Greek yogurt, Dijon mustard, garlic powder, salt, and pepper until creamy.
- Chop the egg whites into small pieces and add them to the yolk mixture.
- Add diced ham, celery, and green onion.
- Stir gently until all ingredients are combined.