



Egg and Avocado Salad

Ingredients:

4 hard boiled eggs, peeled and chopped

1 large ripe avocado – pitted, peeled and chopped

Juice of 1/2 a lime

1/4 cup purple or green onion – minced (optional)

2 TBSP fresh cilantro (optional) – parsley works too

Salt and pepper to taste

Instructions:

Mix the first 4 ingredients thoroughly in a bowl until the avocado is creamy. Fold cilantro into mixture if using. Season with salt and pepper.

Enjoy on a bed of greens, in a whole grain wrap, on a piece of toast or with a fork straight from the bowl.

Compliments of Jean Varney