

# Avocado Egg Salad Sandwich

**Yield: 1 serving**

## Ingredients

½ each avocado, ripe  
1 tsp red wine vinegar or lemon juice  
1 hard-boiled egg, cooled, peeled and diced  
½ stalk green onion, sliced  
⅛ tsp salt  
to taste black pepper, fresh, ground  
¼ cup cucumber, small dice  
¼ tsp sriracha hot sauce (optional)  
1 each sandwich thin, whole wheat, toasted  
¼ cup greens, such as arugula or spinach

## Instructions

1. In a medium bowl, mash the avocado with the vinegar or lemon juice with the back of a fork.
2. Fold in the egg, green onion, salt, black pepper and cucumber into the mashed avocado mixture.
3. Serve 1 cup of egg salad with greens or lettuce on top of whole wheat sandwich thins.

## Nutrition Information

**Serving Size: 1 cup egg salad, ¼ cup of greens, 2 sandwich thins**

Calories: 350  
Total Fat: 21 g  
Saturated Fat: 4 g  
Monounsaturated Fat: 12 g  
Sodium: 410 mg  
Total Carbohydrate: 34 g  
Dietary Fiber: 13 g  
Sugars: 5 g  
Protein: 14 g

Source: Goldring Center for Culinary Medicine

Presented by  
Culinary Medicine

