

Egg Salad Sandwich

Kids can help make this delicious, healthy egg salad sandwich. With adult help to boil eggs and chop ingredients, kids can help grate the hard-boiled eggs, measure and mix up the ingredients.



INGREDIENTS:

- 4 large egg
- 1 stalk celery
- 8 jumbo black olives, canned
- 1/8 cup pickle relish, sweet
- 1/4 cup yogurt, plain, low-fat
- 1 TBSP mustard
- 1/4 teaspoon salt
- 8 slices of whole wheat bread, whole grain pita or tortillas
- 4 leaf outer lettuce or spinach leaves may be used

INSTRUCTIONS:

1. Place eggs in saucepan, cover eggs with water. Hard boil the eggs*; cool to room temperature, then peel and chop. For chopping, a hand held box grater works well, place grater over bowl and run hard-boiled egg over large grate section.
2. Chop celery and olives.

3. Mix eggs, celery, olives, relish, yogurt, mustard and salt. Add mixture to bread slices forming 4 sandwiches.
4. Add a lettuce leaf to each sandwich;
5. Serve with canned, frozen or fresh fruit and a glass of milk.

*The time it takes to hard-boil an egg depends on the size of the egg. Give the egg time to reach room temperature, usually about 12 to 15 minutes. Place the egg(s) in a pan of water and bring to a gentle boil so eggs don't crack (about eight to 10 minutes; less time if you cover the pan with a lid).

* Recipe adapted from SuperHealthyKids.com