

Egg Salad Sandwich

Servings: 2 @ 4 Points, 6 points plus

This egg salad cuts the fat content, not the flavor, by using spiced-up, fat-free mayonnaise and just two yolks of the four eggs.

4 large egg white, hard-boiled and chopped

2 large egg yolk, hard-boiled and chopped

2 1/2 Tbsp fat-free mayonnaise

1/8 tsp table salt, or to taste

1/8 tsp black pepper, or to taste

1 1/2 Tbsp parsley, or dill, chopped

1 tsp Dijon mustard

1 1/2 Tbsp red onion

4 slices pumpernickel bread

4 pieces lettuce

Instructions: In a bowl, combine egg whites and yolks, mayonnaise, salt, pepper, parsley, mustard and onion. Divide salad between 2 slices of bread, top each with two lettuce leaves and cover each with second slice of bread.

