



## DEVEILED EGG SALAD

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(Standard)

If you are looking for a delicious new way to eat eggs, this easy recipe will be a quick lunch option during your busy week. Deviled egg salad takes the flavor and creaminess of deviled eggs and transforms it into egg salad. Try it with our Homemade Mayonnaise found on the Genesis Health Solutions Client Facebook page under “Files.” You will never want another mayo again! You can eat this egg salad with a fork on a bed of lettuce and veggies or enjoy it on a lettuce leaf wrap with a slice of red onion and tomato.

This recipe makes 2 servings and covers your protein and fat for one meal.



### INGREDIENTS

- 6 boiled, pastured eggs (see NOTES below)
- 1/3 cup GHS Homemade Mayonnaise or Primal Kitchen Mayo
- 1/4 cup dill relish (no preservatives/artificial ingredients)
- 1 Tbsp prepared yellow mustard
- 1 tsp vinegar (apple cider or white)
- 1/2 tsp paprika (optional)
- Pink Himalayan salt & black pepper, to taste



## INSTRUCTIONS

Slice the boiled eggs in half, removing the yolks and placing them into a small mixing bowl. Set the egg whites aside.

Add the mayonnaise, dill relish, mustard, vinegar, salt and pepper to the yolks. Mash them all together and mix until creamy and smooth.

Dice the egg whites and add to the yolk mixture, stirring to combine.

## NOTES:

For easy-to-peel eggs, start with room temperature eggs or place them into a larger bowl of warm (not hot) water for a couple of minutes. Place the eggs into a pan, then add water to cover two inches over the eggs. On high heat, bring eggs to a boil, then remove them from the heat and cover with a lid – letting sit for 12 minutes.

Then place the eggs into an ice bath (cold water and ice) to cool. Peel after removal from ice bath. This helps to ensure easy peeling of the egg and preventing a shell that wants to stick -making it hard to peel.