MYX RECIPE

NAME: MYX Egg Salad

INFO: A delicious Grain Free, Lectin Free, Sugar Free Egg Salad. Great with MYX crackers, MYX focaccia bread, hearts of romaine or put on top of a fresh green salad

INGREDIENTS:

Yield: 3 sandwiches

8 Pasture Raised Eggs (8 yolks/4 whites)

1 TBL Red Onion (finely chopped)

2 TBL Celery (finely chopped)

1 TBL Capers (chopped)

1 TBL Italian Parsley or Fresh Dill (chopped)

1 tsp Lemon Juice

½ tsp White Wine Vinegar or Sherry Vinegar

¼ tsp Dijon Mustard

1 TBL snipped Chives (optional)

¼ cup MYX Mayo*

Himalayan Salt (to taste)

Ground Black Pepper (to taste)

INSTRUCTIONS:

Boil eggs in a medium pan, bring to boil and reduce to a low heat, simmer for 10 minutes. Move eggs to a bowl of ice cold water and let sit until eggs are cool (around 5 minutes)

Peel eggs, setting 4 of the whites aside for another use. In a medium size bowl, roughly chop (¼" cubes) both the 4 white and the 8 eggs yolks.

In a separate bowl add Mayo, onions, capers and parsley and blend together, add the chopped eggs and gently mix. Add salt and pepper to taste, salad is ready.

If adding on top of a mixed salad, add the snipped chives and serve.

*See MYX Mayo recipe on blog or use an approved vegan, avocado or other Mayo substitute