



# Egg Salad Smash

## 4 Steps to Food Safety



Clean



Separate



Cook



Chill

### Ingredients:

- 1 hard-boiled egg, peeled
- 1 Tablespoon low-fat mayonnaise
- ¼ teaspoon mustard
- Pinch of garlic salt

### Directions:

1. Wash hands with soap and water.
2. Place hard-boiled egg in a plastic, resealable freezer bag (sandwich or quart size).
3. Add mayonnaise, mustard and garlic salt. Seal the bag tightly.
4. Smash the egg gently with your fingers and mix all ingredients.
5. Cut off the corner of the bag and squeeze on whole grain crackers or bread.

Nutrition Information for 1 serving: Calories 110, Total Fat 9g, Saturated Fat 2g, Cholesterol 190mg, Sodium 300mg, Total Carbohydrates 2g, Fiber 0g, Total Sugars 1g, includes 1g Added Sugars, Protein 6g, Vitamin D 6%, Calcium 2%, Iron 6%, Potassium 2%

**For more healthy tips and recipes, go to:  
[Food.unl.edu](https://www.food.unl.edu)**

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