



Hard Boiled Egg (White) Salad

This is a quick, easy breakfast, lunch or dinner suggestion. Use it as an appetizer too, serve it on cucumber slices, maybe even topped with a sliced black olive. Your imagination is your only limit here.

Ingredients:

- 10 Eggs, Hard Boiled
- 4 Tablespoons Salsa Fresca
- 2 Tablespoons Dannon Oikos Greek Yogurt Roasted Red Pepper Dip
- Fresh Ground Sea Salt and Pepper to taste
- If You Like Spicy, I add some Dried Red Chili Peppers

Directions:

1. Peel the hard boiled eggs
2. Separate the yolks from the whites, putting the whites and 1 yolk into a large bowl
3. Smash the egg whites and one yolk with a fork
4. Add the salsa, Greek yogurt dip and mix well
5. Add the salt and pepper (and chilis if you prefer) mixing to blend

Nutrition: Makes 2 substantial servings of about

- **143 calories and**
- **20 grams of protein each**