

Easy Egg Salad



EASY EGG SALAD

ingredients

6 hard-boiled eggs peeled and roughly chopped
1 14 oz can low sodium garbanzo beans
(or other preferred canned beans)
2 finely sliced green onions (white and light green parts)
or 4 tablespoons minced red onion
2 cups thinly sliced radishes, celery, or thin-skinned cucumber
½ cup plain low-fat greek yogurt or low-fat sour cream

Optional for additional flavor:

1 tablespoon lemon juice
Dash hot sauce
1 teaspoon dijon or other mustard
Fresh herbs

directions

Combine all ingredients in a large bowl. Stir until well combined.

Serve over lettuce, with slices of bell pepper, whole grain bread, or whole grain crackers.

notes

Easily peel the eggs by putting them individually in a jar with a little bit of water and shaking!