

**** AVOCADO EGG SALAD ****

Makes about 4 servings.

Ingredients

- * 8 hard boiled eggs, peeled & chopped
- * 2 avocados, pitted & cubed
- * 1/4 cup light mayo (*substitution: 2 tablespoons mayo and 2 tablespoons plain Greek yogurt*)
- * 1/2 cup red onion, diced (*about 1/2 small red onion*)
- * 2 celery stalks, diced
- * 1 tablespoon chives, chopped
- * 1 lemon, juiced
- * 1 tablespoon red wine vinegar (*substitution: any vinegar you have on hand, or more lemon -- but the vinegar is highly recommended*)
- * 1/4 teaspoon cayenne (*for a touch of heat*)
- * Salt & pepper, to taste
- * Optional garnish: sprinkle of paprika

Directions

- * Gently mash together the cubed avocado and chopped eggs.
- * Mix the rest of the ingredients into the avocado-egg mixture.
- * Salt and pepper mixture to taste.
- * And it's THAT easy!!! Enjoy with crackers, on a piece of toast, over a bed of greens, or all by its lonesome... YUM!

Stay Fresh,

Leah @ foodforthefresh