

Egg Salad Boats

Have the kids help prepare the egg salad so they can adjust the ingredients based on their individual tastes.

Prep Time: 10 minutes
Cook Time: 0 minutes
Serves: 8 (2 boats each)

Ingredients:

8 hard cooked eggs, peeled and finely chopped
1/4 cup (60 mL) light mayonnaise
2 tbsp (30 mL) sweet pickle relish
4 tsp (20 mL) yellow mustard
4 large ribs celery
1 English cucumber

Directions:

Stir the eggs with the mayonnaise, relish and mustard until well combined. Store in an airtight containers for up to 3 days.

Trim the ends off the celery and cut into 4-inch (8cm) pieces. Cut the cucumber in half lengthwise. Use a spoon to scoop out the seeds; discard. Cut each half into four pieces to make 8 hallowed out 'boats'.

Spoon egg salad into prepared veggie boats just before serving.

Tips:

- Add a splash of pickle juice and a pinch of dried dill for kids who love pickles!
- Store veggies in an airtight container covered with damp paper towel until ready to add egg salad and serve.

Nutrients Per Serving (2 boats)

Calories: 102

Fat: 5.5 grams

Sodium: 199 mg

Carbohydrates: 4 grams

Fibre: 1 grams

Protein: 6.5 grams