

CLASSIC MUSTARD EGG SALAD

Creamy egg salad with a mustard-forward dressing, crisp celery, and fresh herbs



INSTRUCTIONS

1. Boil the eggs

- 6 large brown eggs
- 1 tbsp white vinegar

Place the eggs in a single layer in a saucepan. Add cold water until it covers the eggs by about 1 inch, then stir in the vinegar.

2. Bring to a boil, then let sit

Bring the water to a full rolling boil over high heat. As soon as it boils, remove from heat, cover with a lid, and let the eggs sit for 11 minutes.

3. Ice bath

While the eggs sit, fill a large bowl with ice and water. As soon as the timer is up, transfer the eggs straight into the ice bath. This step makes a real difference in how easily they peel.

4. Peel

Brown eggs are known to be harder to peel than white eggs, and fresher eggs are harder to peel too, so both are working against you here. Gently tap and roll each egg on the counter to crack the shell all over, then peel under cool running water.

5. Chop and mix in a bowl

- 1/3 cup mayonnaise
- 1 tbsp Dijon mustard
- 2 tbsp celery, finely diced
- 2 tbsp chives or green onion, finely chopped
- 1 tbsp fresh dill, chopped (or 1/2 tsp dried dill)
- 1/4 tsp salt
- 1/8 tsp black pepper

Chop the peeled eggs to your preferred texture, add them to a bowl with the ingredients above, and stir gently until combined.

6. Taste and serve

Taste and adjust salt, pepper, or mustard to your liking. Serve right away, or chill for at least 30 minutes.

NUTRITION (per serving, makes about 4 servings)

- Calories: 246
- Total Fat: 21g
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Protein: 10g

STORAGE

Keep in an airtight container in the fridge for 3-4 days.