

Deviled Egg Arugula Salad



Ingredients:

- 4 Medium Eggs- Hard boiled and peeled.
- 1 Tbsp. low fat mayo
- ½ teaspoon dried minced onion
- 1 teaspoon Dijon Mustard
- 1 teaspoon of paprika
- salt and pepper to taste
- 4 cups of Arugula
- 2 tomatoes
- 2 cucumbers

Directions:

1. Place eggs, mayo, onion, and paprika in the food processor. Process until smooth.
2. Add salt and pepper to taste.
3. Dice ½ tomato and ½ cucumber into cubes
4. Place 1 cup of Arugula onto serving dish
5. Add ½ tomato, ½ cucumber and ¼ of deviled eggs mixture.

Nutrition Information:

Serving size*: ½ cup egg salad

Servings per recipe: 4

Calories per serving: 110

Total fat per serving: 6g

Total protein per serving: 7g

Total carbohydrates per serving: 4g

Nutritional Benefits:

Eggs are considered a complete protein, containing all 9 amino acids.

*Serving size that is suggested for post-operative bariatric patients

Recipe Adapted From: Levine, P., & Bontempo-Saray. (2004). Deviled Egg Salad. *Eating Well After Weight Loss Surgery*. New York, NY: Marlowe & Company

Photo provided by: Orso, C. (2010). Curried Egg Salad with Greek yogurt arugula and Pistachios. *Visual Recipes*. Retrieved from <http://visualrecipes.com/recipe/curried-egg-salad-with-greek-yogurt-arugula-and-pistachios/>

