



# Protein Egg salad

*Perfect for breakfast, lunch, or a light snack—this egg salad is creamy, flavorful, and lighter thanks to using only half the yolks.*

## Ingredients

- 4 large hard-boiled eggs, peeled
- 4 teaspoons light mayonnaise (*check labels for Whole30 compliance*)
- ½ teaspoon Dijon mustard
- 2 tablespoons chopped green scallions or chives
- Kosher salt and freshly ground black pepper, to taste

## Instructions

### 1. Cook the Eggs:

Prepare hard-boiled eggs using your preferred method—classic stovetop, Instant Pot, or air fryer. Once cooked, rinse under cold water and peel.

### 2. Prepare the Salad:

Separate the yolks from the whites. Discard (or save for a pet treat!) 2 of the yolks to lighten the salad.

### 3. Mix:

Chop the remaining yolks and whites. In a bowl, combine chopped eggs with mayonnaise, Dijon mustard, scallions, salt, and pepper. Mix well until creamy and evenly combined.

### 4. Serve or Store:

Enjoy immediately on toasted bread, in a wrap or pita, or on its own. You can easily multiply this recipe to prep ahead for the week.