

Mom's Egg Salad Sandwich

Serves 2

approx. 20 grams of protein per serving

My mother-in-law told me that when she was pregnant with her first son, she craved egg salad sandwiches and ate at least one a day! With such a protein boost, it's no wonder her first-born tipped the scales at more than 10 pounds! Here's her recipe.

3 hard-boiled eggs, shelled and chopped
1/3 cup mayonnaise
2 tbsp. red onion, finely chopped
1/4 cup celery, chopped
1 tsp. dill
1 tsp. Dijon-style mustard
Salt and pepper to taste
4 slices of whole wheat bread, toasted

Mix all ingredients until well blended and serve on toasted whole wheat bread.