

## Avocado Egg Salad Recipe

**Prep time**

5 minutes

**Cook time**

15 minutes

**Total time**

20 minutes

This egg salad combines two of our favorite things: eggs and avocado. In addition to the avocado, we add a little mayonnaise for moisture, celery for crunch, fresh herbs and a small amount of lemon juice to brighten things up.

**What You Need to Know:** To make hard-cooked (hard-boiled) eggs, in a saucepan, cover eggs with 1 inch (2 1/2 cm) of cold water, bring to a boil then immediately remove from heat and cover with lid. Let eggs stand, covered in the hot water for 12 minutes. Then plunge eggs into ice cold water to stop the cooking. A full tutorial with photographs can be found here: [How to Cook Hard Boiled Eggs](#).



**Special Equipment:** Saucepan, knife, bowl and measuring spoons.

Created By: Joanne and Adam Gallagher, [www.inspiredtaste.net](http://www.inspiredtaste.net)

Yield: 2 (1/2 cup) servings

### You Will Need

- 1 medium avocado, pitted and peeled
- 2 tablespoons (30 ml) mayonnaise, or Greek yogurt
- 1 1/2 teaspoons (7 ml) lemon juice
- 4 hard-cooked eggs, peeled and chopped
- 1 medium-length celery stalk, finely chopped (about 3 tablespoons)
- 1 tablespoon (15 g) finely chopped chives, parsley or dill
- Salt and black pepper, to taste

### Directions

Mash avocado, mayonnaise and lemon juice together in a medium bowl. Stir in the eggs, celery and chives. Season with salt and pepper.



### Notes and Tips

Egg salad is best eaten the same day as making.

Recipe by Inspired Taste - Easy Recipes for Home Cooks at <http://www.inspiredtaste.net/23087/easy-avocado-egg-salad-recipe/>