

Pickle Egg Salad



INGREDIENTS

- 1 Herbs Egg Scramble Meal Starter
- 1 Whole Egg (Boiled)
- 1 Pickle Spear (chopped)
- **1/4 avocado**
- 1 Tsp. Balsamic Vinegar
- 1 Tbsp. Fresh Dill
- 2 Tbsp. Onion (chopped)

Super Food: The healthy fat that avocados contain (monounsaturated) is what helps to reduce inflammation, in addition to lowering one's chance of developing chronic conditions, specifically heart disease

DIRECTIONS

- 1 In a small mixing bowl, combine Egg Meal Starter with water- whisking mixture until smooth.
- 2 Spray a nonstick skillet with nonstick cooking spray and place over medium-high heat.
- 3 Pour egg mixture onto skillet. Using a spatula, scramble the eggs for 4-5 minutes, or until eggs have completely set.
- 4 As egg mixture is scrambling, bring a pot of water to a boil. Once the water is boiled, place 1 whole, shelled egg in boiled water for about 7-8 minutes.
- 5 Mash 1/4 avocado.
- 6 After chopping pickle, dill and onion, combine chopped ingredients with mashed avocado and balsamic.
- 7 Set prepared egg scramble aside and peel boiled egg.
- 8 Add both egg mixtures to combined ingredients.
- 9 Enjoy as is or create as a sandwich.



Nutrition: ~238 calories • 12 grams fat • 13 grams carbohydrate • 21 grams protein

45% fat, 22% cho, 35% protein