

# Egg Salad

*This recipe makes about 4 cups*



## Ingredients

8 eggs  
½ cup plain greek yogurt  
⅓ cup dijon mustard  
½ cup diced celery  
½ cup diced onions  
¾ cups peas  
½ tsp garlic powder  
⅛ tsp cayenne pepper  
1 tsp turmeric

Optional 1-2 pickle spears diced

## Directions:

1. Place the eggs in a pot of boiling water and cook for about 9 minutes
2. Once cooked, drain the hot water and transfer the eggs into a bowl of cold water to cool
3. When the eggs are cool enough to handle, peel and dice them into small pieces
4. In a large mixing bowl, combine the Greek yogurt, Dijon mustard, diced celery, diced onions, peas, garlic powder, cayenne pepper, and turmeric
5. Stir in the diced eggs and mix until all ingredients are evenly combined
6. If using, add the diced pickle spears
7. Add parchment to your trays
8. Spoon the egg salad onto trays
9. Freeze dry (my cycle time was 60 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add ¾ cups freeze-dried egg salad to a bowl along with ⅓ cup of cold water. Let sit for about 5 minutes., stir and enjoy

**Notes:** See our no egg “egg salad” recipe for a vegan version

## Nutritional Value Per ¼ cup serving

Calories: 79 Protein: 7 g Fat: 4 g Carbohydrates: 4 g Sugar: 2 g Fiber: 1 g