

## Easy Egg Salad



# EASY EGG SALAD

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## *ingredients*

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6 hard-boiled eggs peeled and roughly chopped  
1 14 oz can low sodium garbanzo beans  
(or other preferred canned beans)  
2 finely sliced green onions (white and light green parts)  
or 4 tablespoons minced red onion  
2 cups thinly sliced radishes, celery, or thin-skinned cucumber  
½ cup plain low-fat greek yogurt or low-fat sour cream

Optional for additional flavor:

1 tablespoon lemon juice  
Dash hot sauce  
1 teaspoon dijon or other mustard  
Fresh herbs

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## *directions*

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Combine all ingredients in a large bowl. Stir until well combined.

Serve over lettuce, with slices of bell pepper, whole grain bread, or whole grain crackers.

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## *notes*

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Easily peel the eggs by putting them individually in a jar with a little bit of water and shaking!