

# Avocado Egg Salad

Shannon Dobos - Calgary, AB  
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## Servings: 4

*1 medium ripe avocado,  
peeled and cubed  
6 hard-boiled eggs,  
chopped  
1 green onion, finely  
chopped  
1 teaspoon lemon juice  
1/4 teaspoon salt  
1/8 teaspoon pepper*

In a large bowl, mash the avocado to a desired consistency.

Gently stir in the eggs, green onion, lemon juice, salt and pepper.

Serve immediately.

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Per Serving (excluding unknown items): 118 Calories; 8g Fat (62.4% calories from fat); 10g Protein; 1g Carbohydrate; trace Dietary Fiber; 318mg Cholesterol; 227mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.