

LIGHTENED UP SMOKED SALMON EGG SALAD

Michelle Briceno, Registered Dietitian at Terrebonne General Weight Management, shares a great way to use your dyed Easter eggs.

INGREDIENTS

- ¾ cup light mayo
- 1 teaspoon dried dill weed
- ½ teaspoon lemon juice
- 4 whole hard-boiled large eggs and 4 egg whites, chopped
- 4 ounces smoked salmon, chopped
- Salt and pepper to taste

INSTRUCTIONS

1. Combine first three ingredients and stir.
2. Add in the eggs, salmon, and mix to combine.
3. Add salt and pepper to your taste.
4. Serve on whole grain toast, water crackers, or a flaky croissant.

Nutrition: Serving size 1/3 cup

163 calories, 12 grams fat, 2 grams carbohydrates, 10 grams protein

Pro Tip: To reduce fat and increase protein, remove the egg yolk and replace it with an additional egg white. This saves 5 grams of fat per egg yolk and increases protein by 3 grams per egg white.

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