

EGG SALAD CUCUMBER BOATS



Inspiration for recipe from: <https://www.cookincanuck.com/light-egg-salad-cucumber-boats-recipe/>

Serving Size: 1 boat

Ingredients

- 6 hard-boiled eggs, peeled & chopped
- ¼ cup plain Greek-style yogurt
- 1 celery stalk, washed & diced small
- 2 tablespoons fresh parsley, washed & finely chopped
- 2 teaspoons Dijon mustard
- 2 teaspoons fresh lemon juice
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 medium-sized cucumbers, washed, sliced in half lengthwise, & seeds scooped out



Nutrition Facts	
4 servings per container	
Serving size	1 Boat (257g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 255mg	85%
Sodium 320mg	14%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 4.5mcg	25%
Calcium 80mg	6%
Iron 1.7mg	10%
Potassium 280mg	6%

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Cucumber, Large Eggs, Plain Greek Yogurt, Celery, Lemon Juice, Dijon Mustard, Parsley, Salt, Ground Black Pepper
Contains: eggs, milk

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Preparation

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- First, prepare the hard-boiled eggs (Refer to our recipe for Hard-Boiled Eggs 101 &/or this video: <https://youtu.be/OUnrNA6ymrE>).
- In a medium-sized bowl, stir together yogurt, celery, parsley, mustard, lemon juice, salt, & pepper.
- Stir in the chopped hard-boiled eggs.
- Place the cucumber boats on a plate & spoon the egg salad mixture evenly among them.
- Enjoy!
- NOTE: Egg salad can be kept in a sealed container in the fridge for 3-5 days safely.

ENSALADA DE HUEVO BARCOS DE PEPINO



Inspiración para la receta de: <https://www.cookincanuck.com/light-egg-salad-cucumber-boats-recipe/>

Tamaño de la porción: 1 barco

Ingredientes

- 6 huevos duros, pelados y picados
- 1/4 taza de yogur natural estilo griego
- 1 tallo de apio, lavado y cortado en cubitos pequeños
- 2 cucharadas de perejil fresco, lavado y finamente picado
- 2 cucharaditas de mostaza de Dijon
- 2 cucharaditas de jugo de limón fresco
- 1/4 cucharadita de sal
- 1/8 cucharadita de pimienta negra molida
- 2 pepinos medianos, lavados, cortados por la mitad a lo largo y semillas sacadas



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recetas en nuestro canal de YouTube!



Preparación



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- Primero, prepare los huevos duros (consulte nuestra receta de huevos duros 101 y / o este video: <https://youtu.be/OUnrNA6ymrE>).
- En un tazón mediano, mezcle el yogur, el apio, el perejil, la mostaza, el jugo de limón, la sal y la pimienta.
- Agregue los huevos duros picados.
- Coloque los botes de pepino en un plato y coloque la mezcla de ensalada de huevo de manera uniforme entre ellos.
- ¡Disfrutar!
- NOTA: La ensalada de huevo se puede mantener en un recipiente sellado en la nevera durante 3-5 días de forma segura.

OVOS SALADA PEPINO BARCOS



Inspiração para receita de: <https://www.cookincanuck.com/light-egg-salad-cucumber-boats-recipe/>

Tamaño de la porción: 1 barco

Ingredientes

- 6 ovos cozidos, descascados e picados
- 1/4 xícara de iogurte grego simples
- 1 talo de aipo lavado e cortado em cubos pequenos
- 2 colheres de sopa de salsa fresca, lavada e picada finamente
- 2 colheres de chá de mostarda Dijon
- 2 colheres de chá de suco de limão fresco
- 1/4 colher de chá de sal
- 1/8 colher de chá de pimenta-do-reino moída
- 2 pepinos de tamanho médio, lavados, cortados ao meio no sentido do comprimento, sementes arrancadas



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receitas em nosso canal no YouTube!



Preparação



¡Seguir! @thenutritionclub_of_chp

- Primeiro, prepare os ovos cozidos (Consulte nossa receita de Ovos cozidos 101 e/ou este vídeo: <https://youtu.be/OUnrNA6ymrE>).
- Em uma tigela de tamanho médio, misture iogurte, aipo, salsa, mostarda, suco de limão, sal, pimenta.
- Mexa os ovos cozidos picados.
- Coloque os barcos de pepino em um prato e coloque a mistura de salada de ovos uniformemente entre eles.
- Desfrutar!
- NOTA: A salada de ovos pode ser mantida em um recipiente selado na geladeira por 3-5 dias com segurança.