

# Avocado Egg Salad

*This healthy avocado egg salad is great for people who are dairy free or who just want no mayo. It is filled with healthy fats, complete protein and is an easy lunch to meal prep.*

2 avocados

4 hardboiled eggs + 6 hardboiled egg whites only

1 lemon juiced

1/2 red onion, chopped

1/2 cup cherry tomatoes, diced

3 tablespoons capers

1/4 cup fresh dill, chopped

In a large bowl, use the back of a fork to mash the avocado. Chop boiled eggs and remove yolks from 6 of the eggs, chop up remaining egg whites.

Add eggs, lemon, red onion. Tomatoes, capers and dill into the bowl with avocado and mix to combine.

Eat by itself, in a wrap, with crackers or sandwich for a delicious healthy avocado egg salad.

**38%** Total Fat 24.5g

**14%** Sodium 347mg

**15%** Dietary Fiber 3.9g

**45%** Protein 22.7g

**30%** Vitamin C 17.7mg

**210%** Cholesterol 629mg

**3%** Total Carbohydrate 9.8g

Sugars 3.4g

**18%** Vitamin A 271µg

**16%** Iron 2.8mg

Courtesy of [mealswithmaggie.com](http://mealswithmaggie.com)