



Nutrition Information Per Serving:

Calories: 215
Protein: 12 g
Carbohydrates: 5 g
Fat: 15 g
Fiber: 3 g

PREP TIME 10 mins	COOK TIME 12 mins	TOTAL TIME 22 mins	RECIPE MAKES 4 serving
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Egg salad is finally getting the gourmet treatment it deserves! Fresh avocado, crumbled bacon, fresh dill, and protein-packed Lowfat plain Muuna cottage cheese really take this salad to new heights. Not only does the Muuna add protein, but it gives the egg salad creaminess without adding fat.

INGREDIENTS

- 4 Large eggs, hard boiled and chopped
- 1 Avocado, diced
- 2 Tbsp. Green onions, sliced
- 4 Slices of bacon, cooked and crumbled
- 1/3 cup Lowfat plain Muuna cottage cheese
- 1 Lemon, juiced
- 1 Tbsp. Fresh dill, chopped (or 1 tsp. Dried dill)
- 1/4 tsp. Salt
- 1/8 tsp. Pepper

INSTRUCTIONS

- 1) Whisk cottage cheese, lemon juice, and dill in a large bowl until combined.
- 2) Add eggs, avocado, onion, and bacon into the cottage cheese mixture and stir. Do not over mix – avocado should still be chunky.
- 3) Eat as is or spoon onto sourdough bread and eat as a sandwich.