



Curried Egg Salad Sandwich

Ingredients:

2 hard-cooked eggs, chopped
2 tablespoons plain Greek-style low-fat yogurt
2 tablespoons chopped red bell pepper
1/4 teaspoon curry powder
1/8 teaspoon salt
1/8 teaspoon pepper
2 slices rye bread, toasted
1/2 cup fresh spinach
1 orange

Directions:

1. Combine eggs, yogurt, bell pepper, curry powder, salt, and pepper, in a small bowl; stir well.
2. Place spinach on rye bread, top with egg salad, and serve the orange on the side.

Notes:

The curry adds a health-promoting antioxidant jolt to this traditional comfort dish. To save prep time, batch-cook a dozen eggs at the beginning of each week, so you always have two handy.

Prep Time: 5 minutes

Yield: 1 sandwich

Nutritional Information:

Calories per serving: 410	Carbohydrates per serving: 51g
Fat per serving: 14g	Fiber per serving: 8g
Saturated fat per serving: 4g	Cholesterol per serving: 425mg
Monounsaturated fat per serving: 5g	Sodium per serving: 870mg
Polyunsaturated fat per serving: 2g	Resistant starch per serving: 1.8g
Protein per serving: 22g	