



## Mini Egg Salad Sandwiches

These mini sandwiches are great as a snack or for lunch.

**Ages:** 3–5 years

**Prep time:** 15 minutes

**Makes:** 6 servings

**Cook time:** 20 minutes

### the INGREDIENTS

**3** eggs, fresh, large, whole

**1 Tbsp** onions, green, fresh, chopped (gently wash green onions under running water before cutting)

**2 Tbsp** celery, fresh, ¼" diced (gently wash celery under running water before cutting)

**A pinch** black pepper, ground

**¼ tsp** mustard, dry, ground

**2 Tbsp** mayonnaise, reduced-fat

**2 tsp** pickle relish, sweet

**3** rolls or buns (hamburger, brioche, etc., at least 28 g or 1 oz each)

### the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Boil eggs: Place eggs in a small pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.
3. While eggs are cooking, prepare an ice bath. Place ice and water in a bowl. Set aside.
4. When eggs are done, remove with a slotted spoon and place in the ice bath for 10 minutes.
5. Peel and chop eggs.
6. In a small bowl, combine eggs, green onions, celery, pepper, dry mustard, mayonnaise, and pickle relish. Stir until well-blended (see notes).
7. Place ¼ cup of egg salad between each bun.
8. Cut sandwich in half.
9. Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

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## NUTRITION INFORMATION

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1 half Mini Egg Salad Sandwich

| <b>Nutrients</b> | <b>Amount</b> |
|------------------|---------------|
| <b>Calories</b>  | <b>101</b>    |

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|---------------------------|--------------|
| <b>Total Fat</b>          | <b>5 g</b>   |
| Saturated Fat             | 1 g          |
| Cholesterol               | 104 mg       |
| <b>Sodium</b>             | <b>95 mg</b> |
| <b>Total Carbohydrate</b> | <b>9 g</b>   |
| Dietary Fiber             | 0 g          |
| Total Sugars              | 3 g          |
| Includes Added Sugars     | N/A          |
| <b>Protein</b>            | <b>4 g</b>   |

|           |       |
|-----------|-------|
| Vitamin D | N/A   |
| Calcium   | 21 mg |
| Iron      | 0 mg  |
| Potassium | N/A   |

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

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## CACFP CREDITING INFORMATION

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1 oz eq meat alternate  
½ oz eq grains

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## CHEF TIPS

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- **Contains eggs (eggs and mayonnaise) and wheat (rolls).** Rolls can be a hidden source of common allergens which include, milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in foods where it might not be expected (rolls) and may be included in ingredient statements as “spice” or “flavoring.”
- The ice bath will cool the eggs quickly and make them easier to peel.
- If preparing in advance, store egg salad in an airtight container at 40 °F or lower until ready to assemble sandwiches.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.