



## Mini Egg Salad Sandwiches

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

**Ages:** 6–18 years

**Makes:** 6 servings

**Prep time:** 15 minutes

**Cook time:** 20 minutes

### *the* INGREDIENTS

**6** eggs, fresh, large, whole

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

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

**⅛ tsp** black pepper, ground

**½ tsp** mustard, dry, ground

**¼ cup** mayonnaise, reduced-fat

**1 Tbsp + 1 tsp** pickle relish, sweet

**6** 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. Serve 1 sandwich. Serve immediately, or keep cold at 40 °F or lower.

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## NUTRITION INFORMATION

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1 Mini Egg Salad Sandwich

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>203</b>
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<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	3 g
Cholesterol	209 mg
<b>Sodium</b>	<b>194 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	0 g
Total Sugars	5 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>8 g</b>
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Vitamin D	N/A
Calcium	42 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project

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

*the*

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## CACFP CREDITING INFORMATION

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2 oz eq meat alternate  
1 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.