Mini Egg Salad Sandwiches

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

**Ages:** 6–18 years  
**Prep time:** 15 minutes  
**Makes:** 6 servings  
**Cook time:** 20 minutes

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**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)

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**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.
### NUTRITION INFORMATION

**1 Mini Egg Salad Sandwich**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
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<tbody>
<tr>
<td>Calories</td>
<td>203</td>
</tr>
<tr>
<td>Total Fat</td>
<td>10 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3 g</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>194 mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>19 g</td>
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<tr>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Includes Added Sugars</td>
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<tr>
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</table>

N/A = Data not available

*Source: Team Nutrition CACFP Easy Recipe Project*  
[TeamNutrition.USDA.gov](https://TeamNutrition.USDA.gov)

### CACFP CREDITING INFORMATION

- **2 oz eq meat alternate**
- **1 oz eq grains**

### CHEF TIPS

- 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.