



Mini Egg Salad Sandwiches

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

AGES: 3–5 years
PREP TIME: 1 hour
COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

1 oz eq meat alternate
 ½ oz eq grains

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|---------------------------|-------------|---------|-------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Eggs, fresh, large, whole | | 13 | | 25 | <ol style="list-style-type: none"> 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. |
| | | | | | |

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|--|-------------------------|----------------|------------------------|----------------|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | 4 When eggs are done, remove with a slotted spoon and place in the ice bath for 10 minutes. |
| | | | | | 5 Peel and chop eggs. |
| Onions, green, fresh, chopped* (gently wash green onions under running water before cutting) | ½ oz | ¼ cup | 1 oz | ½ cup | 6 In a large bowl, combine eggs, green onions, celery, pepper, dry mustard, mayonnaise, and pickle relish. Stir until well-blended (see notes). |
| Celery, fresh, ¼" diced* (gently wash celery under running water before cutting) | 2 oz | ½ cup | 4 oz | 1 cup | |
| Black pepper, ground | | ¼ tsp | | ½ tsp | |
| Mustard, dry, ground | | 1 tsp | | 2 tsp | |
| Mayonnaise, reduced-fat | 4 oz | ½ cup | 8 oz | 1 cup | |
| Pickle relish, sweet | | 1 Tbsp + 1 tsp | | 2 Tbsp + 2 tsp | |
| Rolls or buns (hamburger, brioche, etc. at least 28 g or 1 oz each) | 12½ oz (at least 350 g) | 12½ | 25 oz (at least 700 g) | 25 | 7 Place ¼ cup (#16 scoop) of egg salad between each roll or bun. |
| | | | | | 8 Cut sandwich in half. |
| | | | | | 9 Serve 1 half. Serve immediately, or keep cold at 40 °F or lower. |

*See Marketing Guide



NUTRITION INFORMATION

1 half Mini Egg Salad Sandwich

NUTRIENTS **AMOUNT**
Calories **101**

| | |
|---------------------------|--------------|
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 104 mg |
| Sodium | 95 mg |
| Total Carbohydrate | 9 g |
| Dietary Fiber | 0 g |
| Total Sugars | 3 g |
| Includes Added Sugars | N/A |
| Protein | 4 g |
| <hr/> | |
| Vitamin D | N/A |
| Calcium | 21 mg |
| Iron | 0 mg |
| Potassium | N/A |

N/A = Data not available

***MARKETING GUIDE**

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Celery, fresh | 2½ oz | 5 oz |
| Green onions, fresh | 1½ oz | 2¾ oz |

NOTES

- 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.

WEIGHT/YIELDS

| 25 Servings | 50 Servings |
|-----------------------------------|-----------------------------------|
| 2 lb 11¾ oz | 5 lb 11 oz |
| 25 Mini Egg Salad Sandwich halves | 50 Mini Egg Salad Sandwich halves |