



# Low Calorie Tarragon Egg Salad

**YIELD: 4 sandwiches**



## INGREDIENTS

## MEASUREMENTS

Eggs	8 large
Olive oil	2 Tbsp
Greek style yogurt, fat-free	¼ cup
SupHerb Farms Fresh Frozen Tarragon	2 Tbsp
Dry mustard	1 tsp
Salt and pepper	To taste
Sourdough bread, sliced	8 slices
Lettuce	4 leaves
Tomato	4 slices

## EGG PREPARATION

1. Place eggs in a medium sauce pan and fill with water 1 inch above the eggs. Bring water to a boil. Reduce heat and simmer for 10 minutes.
2. Place the cooked eggs in ice water and cool completely.
3. Gently crack egg and remove the shells.

## SANDWICH PREPARATION

1. Place eggs in a large mixing bowl and mash with a fork.
2. Slowly add olive oil and blend well.
3. Add yogurt and blend well.
4. Add the SupHerb Farms Fresh Frozen Tarragon, mustard, salt and pepper. Mix well.
5. Scoop ¼ cup of egg salad onto the bottom slice of bread. Top with lettuce, tomato, and a slice of bread.

## TO SERVE

Slice and serve.