



by



iowa total care™



Greek Yogurt Egg Salad *(serves 2)*

INGREDIENTS

- 6 hard-boiled eggs (you can purchase hard-boiled eggs or prepare them at home)
- ¼ cup plain Greek yogurt
- 2 tablespoons green onion, finely chopped
- 1 teaspoon That's Smart yellow mustard
- ¼ teaspoon Hy-Vee salt
- 5 mini bell peppers, halved and seeded
OR 100% whole wheat bread

INSTRUCTIONS

1. Finely chop 6 hard-boiled eggs, reserving 2 yolks. Mash reserved yolks in a medium bowl. Stir in Greek yogurt, green onion, yellow mustard, and salt. Gently stir remaining hard-boiled eggs into your yogurt mixture.
2. If desired, fill mini bell pepper halves with egg salad. Season, to taste, with salt and pepper. Garnish with fresh dill, if desired. Egg salad also pairs well on a slice of whole wheat toast for a healthier breakfast.

Recipe adapted from: <https://www.hy-vee.com/recipes-ideas/recipes/greek-yogurt-egg-salad>

To learn more, visit www.iowatotalcare.com.



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