

Misc.

Chicken and Egg Salad

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4 eggs

1/4 cup Dijon mustard

1 cup low-fat mayonnaise

3 cups cooked rotisserie chicken, diced

1/2 cup sweet pickle

1/4 teaspoon pepper

mayonnaise (as needed)

romaine lettuce, washed and dried

tomato slices

whole-grain crackers or bread

In a small saucepan of water, bring the four eggs to a boil.

Simmer for 10 minutes. Remove from heat.

Drain the eggs. Peel under cold running water and chop coarsely.

In a small bowl, stir the mustard into the mayonnaise.

in a large bowl, gently toss the chicken, chopped egg, pickle and mayo-mustard sauce.

Add the pepper and extra mayonnaise as needed to moisten.

Cover and chill for at least 2 hours.

Arrange romaine lettuce on a platter.

Spoon the salad onto the lettuce.

Serve with tomato slices and whole-grain crackers.

Per Serving (excluding unknown items): 1078 Calories; 88g Fat (72.1% calories from fat); 28g Protein; 48g Carbohydrate; 3g Dietary Fiber; 929mg Cholesterol; 2943mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 15 Fat; 3 Other Carbohydrates.