



Lunch: Creamy Egg Salad (Small Batch)

Uses 3 eggs. Simple, no fuss.

Ingredients

- 3 hard-boiled eggs, chopped
- 2–3 tbsp mayonnaise (start with 2, add more if needed)
- 1 tsp yellow or Dijon mustard
- 1 tbsp finely chopped celery (optional but adds crunch)
- 1 tbsp chopped green onion or chives (optional)
- Salt & black pepper to taste

Optional ranch add-ins:

- Tiny splash apple cider vinegar
- Pinch paprika
- A spoonful of pickle relish

Method

1. In a bowl, combine chopped eggs, mayo, and mustard.
2. Fold gently — don't stir aggressively.
3. Add celery and green onion if using.
4. Season with salt and pepper.
5. Taste and adjust.

Let it rest in the fridge 20–30 minutes if you can. It firms up and the flavor deepens.

How to Stretch 3 Eggs for 4 People

This is where ranch math comes in.

Option 1: Veggie Bulk

Pile it high with shredded lettuce, radicchio or spring greens inside the sandwich. Add thinly sliced radishes.

Option 2: Add Protein

Mix in:

- ¼ cup diced ham
- ¼ cup cottage cheese
- Or crumbled bacon
- Or chopped leftover roast

Option 3: Serve Open-Faced

- Toast 4 slices of bread. Divide egg salad evenly and spread thin but wide. Top with sliced tomato.





Lighter Option

Spoon over:

- Mixed greens
- Cucumber slices
- Cherry tomatoes

Drizzle with olive oil and cracked pepper. Now it's more salad than sandwich.

