

Egg Salad with Ham and Celery

This is the easiest, simplest and fastest recipe for an egg salad. This egg salad is great on toast, crackers, on top of green or in between two slices of soft bread.



I hope you all had a nice weekend and for the ones that

celebrate Easter a nice holiday with your family and loved ones.

As always, after Easter we have lots of leftovers, such as eggs and ham...and this year was not different. We had so much leftover ham, that I cut into small chunks and place them in the freezer for later use, but save one piece to add to my egg salad.

This is a “no recipe” post as you can add as little or as much as you want from the ingredients list. Please feel free to serve this egg salad over a bed of greens, in between two slices of bread or roll, or over toasts...as you can see, there are many ways to enjoy this simple egg salad.

One advice that I give you when making this egg salad is to add the celery right before serving. This will avoid “water” coming from the celery due to the salt in the egg mixture.

Ingredients:

- Hard boil eggs
- Ham, cut into small pieces
- Celery, chopped into small pieces
- Black pepper, freshly grind
- Mayonnaise to taste



Method:

Slice the eggs, chop them into pieces either with a knife or fork and place in a bowl.

Combine the ham to the eggs and add pepper. Mix gently.

Add the mayonnaise to the mixture, making sure that it is well combined.

Add the finely chopped celery, mix gently.

Serve as you desire.







If you enjoy this simple recipe using leftover ham, you might want to check on Couscous with Ham, Ham Frittata or Fried Rice with Ham recipes.



Did you know that after decades of egg having a bad reputation due to its high cholesterol, the American Heart Association in the year 2000 revised the dietary guidelines and since then healthy adults can enjoy eggs again? Eggs are among the most nutritious foods known in the world. One large egg contains 6g of protein and only 70 calories. Moreover,

eggs contain iron, vitamin A, vitamin D, vitamin E, vitamin B12, folate, selenium, choline, lutein and zeaxanthin.

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a colorful week!***