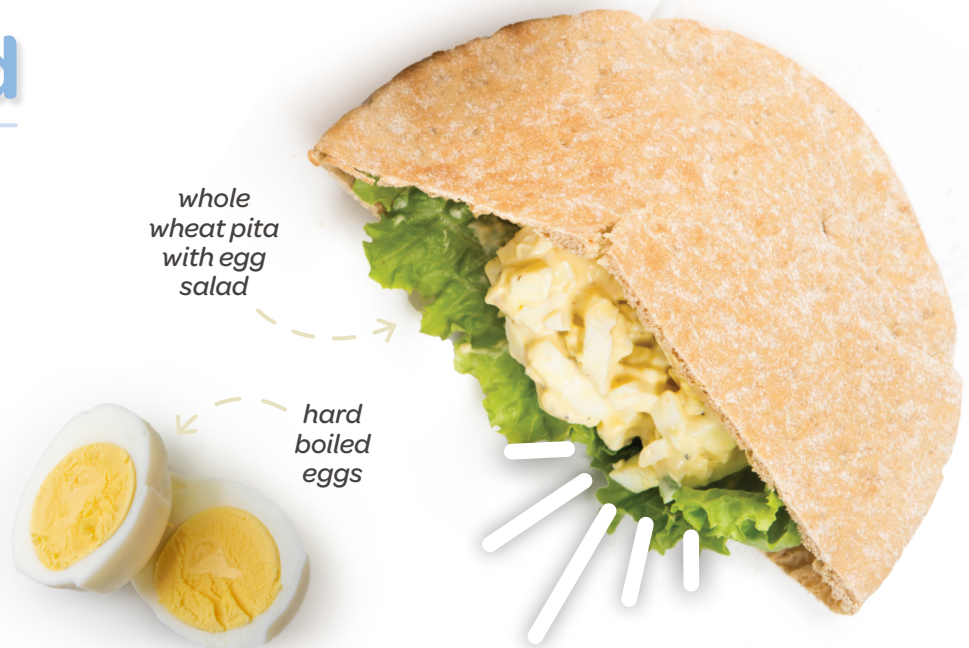


egg salad

1. Peel 4 hard boiled eggs.
2. Chop eggs into small pieces.
3. Combine chopped eggs, ¼ cup mayonnaise, ½ teaspoon mustard, dash of salt and black pepper together.
4. Spread on whole grain crackers, tortillas, bread or pita.



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ensalada de huevo

1. Pela 4 huevos duros.
2. Córtalos en trozos pequeños.
3. Mezcla los huevos, ¼ taza de mayonesa, ½ cucharadita de mostaza, una pizca de sal y pimienta negra.
4. Untar sobre galletas integrales, tortillas, pan o pita.



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