

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- *March* - **EGGS**

AVOCADO EGG SALAD

**1 medium ripe avocado,
peeled and pit removed**

**4 hard-boiled local eggs,
chilled**

**2 celery sticks, finely
chopped**

**2 green onions, finely
chopped**

1 tbl fresh dill, chopped

1 tbl fresh lemon juice

1.5 tsp Dijon mustard

**1/4 tsp salt & black
pepper**

Place the avocado in a medium bowl and mash well with a fork. Set aside.

Peel and then roughly chop your hard-boiled local eggs. When peeling the eggs, it helps to roll the egg on the counter back and forth until it is covered in cracks and then run it under cold water while you peel. As the water gets under the membrane it will get easier to peel. Once peeled and chopped, add the eggs to the bowl with the mashed avocado.

Add the remaining ingredients to the bowl and mix well with a fork. Salt to taste and enjoy on some toasted sour-dough bread with your favorite fixings, add to a salad or serve in romaine lettuce boats with pickled jalapenos and sprouts!

Gabrielle Chronister



For more information visit

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