

Curried Egg Salad

Prepared by Amy Elizer, UT Extension Agent, Madison County Director

Ingredients:

2/3 cup nonfat plain yogurt

1 tablespoon mayonnaise

2 teaspoons curry powder

6 hard cooked eggs, shelled and sliced or chopped

1/2 cup chopped apples with peel

½ cup sliced celery

1/3 cup dried cranberries

1/3 cup chopped pecans

Directions:

Combine yogurt, mayonnaise and curry powder and set aside. Combine remaining ingredients. Pour dressing over egg mixture and stir to coat. Refrigerate for 1 hour before serving for best flavor. Makes 6 servings.

***AS SHOWN ON THE FAMILY PLOT: GARDENING IN THE MID-SOUTH JULY 4, 2013
ON WKNO/CHANNEL 10.***