

Betty's Humpty-Dumpty Egg Salad Sandwich Recipe

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In this video, Betty responds to a viewer request and demonstrates how to make a basic egg salad sandwich. Then Betty lists many variations that can be applied to this simple recipe!

Ingredients:

6 hard-boiled eggs, peeled and finely chopped

1/2 cup finely chopped celery

1 tablespoon minced onion

1/3 cup mayonnaise

1 teaspoon honey mustard

paprika, to taste

salt, to taste

black pepper, to taste

lettuce leaves, washed, and dried with paper towel

about 8 Slices of bread (your choice--whole wheat, white, etc. I used Arnold Sandwich Thins, plus 100% whole-wheat bread for the two sandwiches that I demonstrated.)



In a medium bowl, place 6 chopped eggs, 1/2 cup chopped celery, 1 tablespoon minced onion, 1/3 cup mayonnaise, 1 teaspoon honey mustard, paprika, salt, and black pepper, all to taste. Gently mix until combined. Toast the bread slices that you will be using. Place lettuce leaves on top of a slice of the toasted bread. Spread with an even layer of egg salad. Top with the remaining slice of toasted bread. This should make 4 to 6 sandwiches, depending on how thickly you spread them.

Note: In order to make a gourmet egg salad sandwich, you may add 1/2 cup of any one of the following to your egg salad mixture. If you choose two, use 1/4 cup of each. I do not advise that you choose more than two add-ins, unless very carefully selected.

chopped green pepper

chopped red pepper

chopped or sliced green olives

chopped or sliced ripe olives

chopped dates

raisins

chopped pecans

sliced red or green grapes

crushed pineapple

chopped cucumber

chopped green chiles

finely chopped raw broccoli or cauliflower florets

pickle relish

chopped sweet or dill pickles

Other add-ins, not measured by 1/2 cups:

crisp bacon

tender chunk ham

tender chunk chicken

sliced American, Cheddar, or Swiss cheese

I'm sure you can come up with a lot of other things that you like, but this is a start! Be sure that you choose flavors that complement each other, as well as the basic egg salad. For example, you could add 1/4 cup sliced grapes and 1/4 cup chopped pecans, or you could add 1/4 chopped dates, and add a slice of Swiss cheese--experiment, but use caution!!! Good luck! I hope you enjoy this!!!--BG