

Egg Salad Lunchbox

Enjoy hard-boiled eggs on their own or chopped up and mixed with creamy dressing and some veggies thrown in for good measure. Dip a whole-wheat cracker into the mix or assemble an egg salad sandwich when you're ready to eat (last-minute assembly keeps the bread from getting soggy). If you're making lunch the night before, sprinkling the apple slices with a little cinnamon will add flavor and help mask any unsightly browning.

Ingredients

- 1 large hard-boiled egg, chopped
- ¼ cup chopped celery or shredded carrot
- 2 tablespoons [Creamy Yogurt-Dill Sauce](#) (see Associated Recipes) or ranch dressing
- 8 small whole-grain crackers or 1 small whole-wheat hamburger bun
- ½ apple, sliced, or 1/2 cup mixed berries
- ¼ cup sliced peppers, cucumbers and/or grape tomatoes

Directions

Combine egg, celery (or carrot), sauce (or dressing), salt and pepper in a small bowl. Pack the egg mixture along with crackers (or bun), apple (or berries) and vegetables in a divided bento-style lunchbox or in separate containers with lids. Refrigerate or keep cold with an ice pack until ready to serve. Serve the egg salad on the crackers (or bun).