

## I HEART YOU EGG SALAD SANDWICHES

### Ingredients:

- 4 hardboiled eggs, peeled, discard 1 yolk
- 1 teaspoon yellow mustard
- 2 tablespoons light sour cream
- Salt and pepper to taste
- 8 slices low-carb bread
- 4 lettuce leaves
- 4 or 8 red grapes for garnish

### Directions:

1. Separate the egg whites from the egg yolks. Discard the yolk of one egg.
2. Place egg yolks in a small bowl.
3. Add mustard, mayonnaise, salt and pepper to the egg yolks.
4. Mash together with a fork until fairly smooth.
5. Chop egg whites and stir into egg yolk mixture until fully blended. Divide into four servings.
6. Cut bread into heart shapes.
7. Put each serving of the egg mixture on top of the four pieces of bread.
8. Top each with lettuce and cover with the remaining bread slices.
9. Place a red grape on a toothpick and use to skewer sandwiches.

Makes four sandwiches.

