



## ABC Egg-White Salad



1/4th of recipe (about 3/4 cup): 119 calories, 5g total fat (1g sat. fat), 330mg sodium, 4g carbs, 2g fiber, 1g sugars, 14g protein

**Prep:** 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#), [30 Minutes or Less](#)

### Ingredients

4 oz. (about 1/2 cup) mashed avocado  
1/4 cup plain fat-free Greek yogurt  
1/4 tsp. garlic powder  
1/8 tsp. each salt and black pepper  
12 hard-boiled egg whites ([click for tips](#)), chopped  
1/4 cup finely chopped cucumber  
2 tbsp. precooked real crumbled bacon (like the kind by Oscar Mayer)

### Directions

In a medium bowl, combine avocado, yogurt, and seasonings. Mix until smooth and uniform.

Gently stir in chopped egg whites, cucumber, and bacon.

**MAKES 4 SERVINGS**

**HG TIP!** If not eating immediately, place in a sealable container, and store in the fridge or with an ice pack in your lunch box.

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