



egg salad and ham sandwich sticks

The secret to the silkiness of this egg salad comes from the cream cheese. Celery adds a crunch—and salty ham makes this sandwich sing. If your kid's not a mayonnaise fan, replace the tablespoon of mayo with sour cream. Worried about packing this one for lunch? Adding an ice pack will keep the sticks chilled and fresh.

ingredients

- 6 large eggs
- 1 tablespoon mayonnaise, plus extra for sandwiches
- 8 ounces cream cheese, at room temperature
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 celery stalk, chopped (about ¼ cup)
- 8 slices whole-grain or gluten-free bread
- ½ pound thinly sliced gluten-free honey-glazed ham

MAKES 6 SERVINGS
(16 TO 20 SANDWICH STICKS)
PER SERVING: calories 224,
fat 10 g, protein 15 g,
carbohydrates 20 g,
dietary fiber 3 g

PREP TIME: 15 minutes
COOK TIME: 10 minutes

1. In a medium pot, add the eggs and fill with enough water to cover the eggs by 1 inch. Bring the water to a boil over high heat.
2. As soon as the water begins to boil, cover the pot with a lid and remove from the heat. Let the eggs sit covered in the hot water for 10 minutes.
3. Carefully drain the hot water, and peel the shells from the eggs.
4. In a small bowl, add the eggs and mash with a fork, or shred the eggs on a box grater. Add the mayonnaise, cream cheese, salt, pepper, and celery; use a spoon to combine. Taste and adjust the seasonings, if needed.
5. Place the bread pieces on a cutting board, and spread the bread with mayonnaise, if desired. Mound the egg salad onto 4 pieces of bread, add 2 to 3 slices of ham onto each, and top with the remaining 4 bread slices. Using a serrated knife, carefully cut into 1-inch sticks, removing the crusts, if desired. Depending on the size of the bread, you should have 4 to 5 sticks per sandwich.

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