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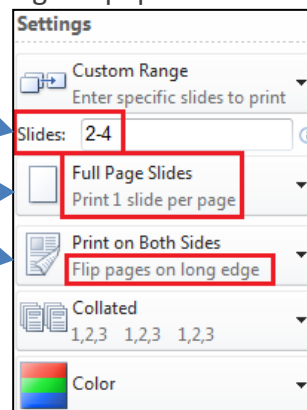
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## Printing Instructions; for the:

- **Recipe card**, print on cardstock using the double side print option. Pages 2 & 3 are designed to line up back and front when printed. The recipe card measures 3"x5".
- **Jar labels**, print on sticker back paper, cut to size.
- **Printer Settings:**

Here are my printer settings: Yours may be a little different depending on your printer, but the "options" should be similar. Practice on regular paper before cardstock to make sure its lines up properly.

- Print beginning on page 2
- Print 1 slide per page
- Print both sides, flipping pages on the long side



The cards are formatted and aligned to print properly on the back and front.

# Card A: Front

## Egg Salad

**Prep Time:** 10 minutes    **Skill Level:** easy  
**Total Time:** 30 minutes    **Yield:** 2-3 servings



### Ingredients:

- 4 boiled eggs chopped  
(boil extra for lunches or snacks)
- 3 tbsp onions, minced
- 1/2 stalk celery, minced
- pinch of **each**; salt, black pepper, paprika, kale, turmeric, garlic
- 1/4 cup Greek yogurt
- 1/4 cup mayonnaise
- Toasted bread slices or crackers
- 1 avocado, thinly sliced

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# Card B: Front

Every recipe card page you print will have a blank recipe card to reduce wasted paper

**Name:** \_\_\_\_\_

**Prep Time:** \_\_\_\_\_

**Skill Level:** \_\_\_\_\_

**Total Time:** \_\_\_\_\_

**Yield:** \_\_\_\_\_

### Ingredients:

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## Back to Card A



### Instructions:

1. In a medium sized bowl mix together the chopped eggs, onions, celery, all the seasonings, yogurt, and mayonnaise.
2. Top a slice of toasted bread with the egg salad and sliced avocado.
3. Serve with your favorite soup or salad.

### Other Recipe Ideas:

1. Add lettuce, tomatoes, sprouts, and cheese to the egg salad sandwich
2. Replace the bread with your favorite leaf lettuce to create a healthy wrap
3. Hollow out your favorite bell pepper (cut in quarters), add egg salad
4. Cut the boiled eggs in 1/2 to make deviled eggs. Remove and add the yolks, follow the recipe. Pipe into the egg halves to create deviled eggs. Sprinkle with paprika and a wedge of avocado.
5. Using the avocado as a "bowl". Cut avocado in half and add egg salad to the inside.

## Back to Card B

### Instructions:

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