Creamy Protein-Packed Egg Salad Lettuce Boats

A low-carb, high-protein egg salad served in crisp lettuce leaves—perfect for a light, satisfying meal that supports weight loss and muscle maintenance.

Servings: 2 **Time:** 15 minutes

Ingredients

- 4 large hard-boiled eggs, chopped
- 2 tbsp Greek yogurt
- 1 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1 tsp fresh lemon juice
- 2 tbsp chopped celery
- 1 tbsp chopped green onions
- Salt and black pepper to taste
- 4 large Romaine lettuce leaves

Instructions

1. In a medium bowl, combine chopped eggs, Greek yogurt, mayonnaise, Dijon mustard, and lemon juice.
2. Mix in chopped celery and green onions.
3. Season with salt and black pepper to taste; stir until creamy and well combined.
4. Wash and pat dry the Romaine lettuce leaves.
5. Spoon the egg salad evenly into each lettuce leaf to form boats.
6. Serve immediately or chill for 15 minutes for a cooler bite.

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